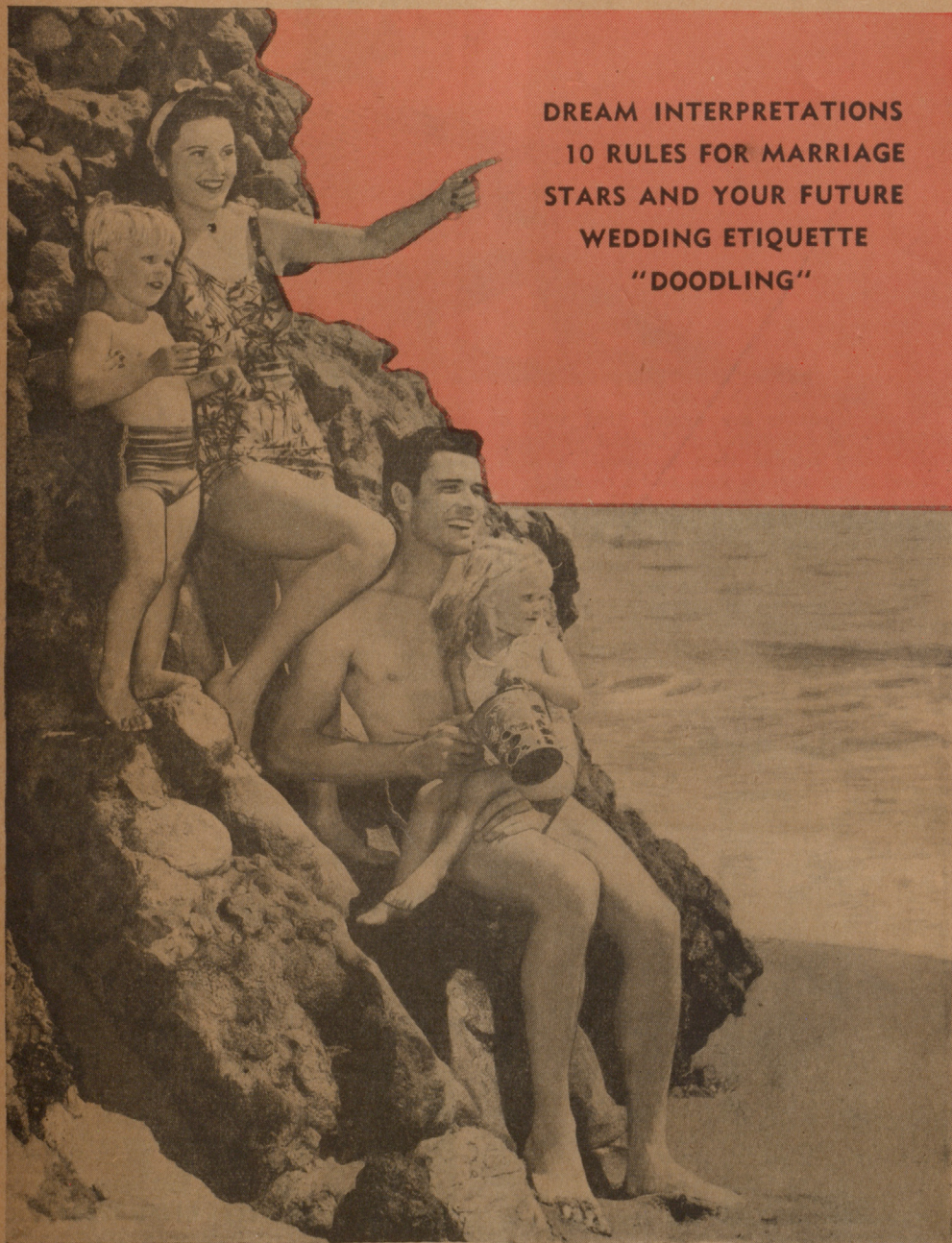


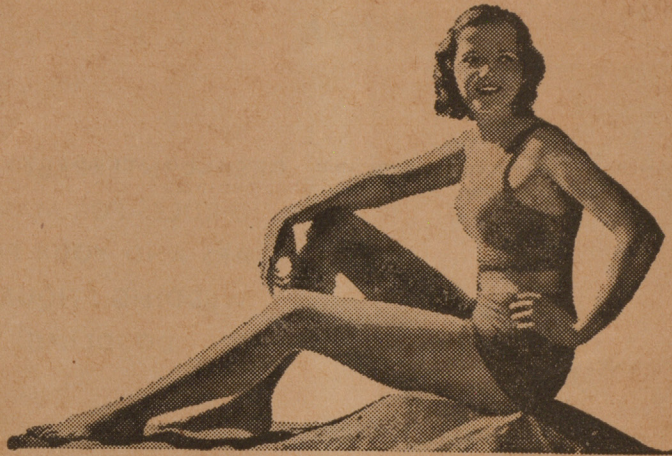
KNOX GUIDE

To Better Health and Fortune

DREAM INTERPRETATIONS
10 RULES FOR MARRIAGE
STARS AND YOUR FUTURE
WEDDING ETIQUETTE
"DOODLING"



Women Suffer Bladder Weakness More Than Men



Many scientists are agreed that women suffer a great deal more from bladder weakness and kidney trouble than do men. A high percentage of women seem to be troubled by frequent or scanty passages which burn and smart, and many of them often have to get up to go to the bathroom several times a night. Other women are troubled by severe back-aches, nervousness and leg pains.

Probably the functional upsets attending childbirth represent one reason why more women suffer these ailments, however, housework, financial worries, taking care of the family, frequent colds and nervous strain may prove a greater burden to women than men.

Help Kidneys Remove Acids



Women, and men too, will be surprised and delighted to see how quickly and easily they can relieve backache, getting up nights, burning passages and other kidney and bladder troubles by simply aiding the kidneys and bladder to filter and clean out excess acids and poisonous wastes.

As we grow older our kidneys at times may slow down in their work of filtering and purifying the blood. And when this happens uric

acids, and other poisons, have a tendency to accumulate in the system, making you feel older, worn-out and suffer from many aches, pains and troubles. But by simply helping the kidneys and bladder to perform their work more normally thousands of men and women in Canada and throughout the British Empire have discovered joyous relief and new energy.

Fourteen years ago a scientific formula called **Cystex** was made available to the public through drug stores, making it easy and inexpensive to help thousands suffering from kidney and bladder troubles in these three simple ways: (1) Help the Kidneys remove excess acids, which may become poisonous and irritating. (2) To palliate burning and smarting of the urinary passages, and bladder irritation. (3) Help the kidneys remove wastes which may become poisonous, thus aiding nature in stimulating an increase of energy and a more youthful feeling.

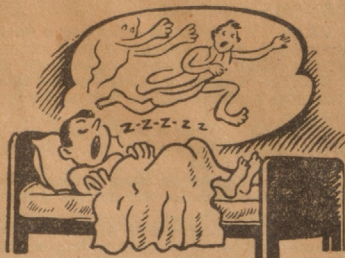
Money-Back Agreement

The very first dose of **Cystex** usually goes right to work helping the Kidneys remove excess acids, poisons and wastes. And this cleansing, purifying action in just a day or so may make you feel younger, stronger and better than in years. A painted agreement wrapped around each package of **Cystex** insures an immediate refund of all your money unless you are completely satisfied. You have everything to gain.



(PRONOUNCED S-I-S-S-TEX)
Cystex
Helps Clean Kidneys

Do You Know What Your DREAMS Mean To Your Future?



ARE your dreams a forecast of things to come, or are they a mere subconscious repetition of events you have lived? This is a problem that has baffled scientists for centuries. Many people know from actual experience that their "dreams have come true", while others are convinced that dreams are nothing but a re-staging of the dramas of life that you live every day.

It is not for us to say whether or not dreams actually forecast future happenings. All we can do is to list dreams and what they mean to the many people who have experienced the realization of their dreams. This list of dreams and their meanings is the most up-to-date one in existence, recently completed after years of research. At least, you will find it interesting and it may help some of you interpret your dreams and find new answers to the riddle of life.

ABDICATION—To dream of an abdication, socially or politically, denotes a change of habits to the advantage of the dreamer.

ABUNDANCE—When you are surrounded by an abundance of everything, in a dream, it indicates that your budget still needs balancing.

ACCIDENT—To dream that you were injured in an accident at home, or on the street, is an indication that you will be sick, and also that you will recover rapidly.

ACCORDION—To play or hear an accordion, in dreamland, indicates a jolly journey for the dreamer, with jolly friends.

ACIDS—To dream of acids is often a warning to think twice before you sign any document or write any letters.

ADVANCEMENT—When you dream that you are forging ahead slowly, it indicates corresponding advancement in your everyday affairs.

ADVENTURE—Going through a glorious adventure, in slumberland, implies that you will go through with a fortune as you go through life.

AFFLICTION—To dream of being afflicted indicates a change of residence for the benefit of your health; with possible recovery.

AGATES—When you dream about agates or similar stones you are apt to spend too much time and money trying to look like a million.

AISLE—To walk through a crowded aisle, in dreamland, indicates trouble with traffic officers during your waking hours.

AJAR—To find doors or gates ajar, in a dream, denotes that you should take care of your valuable papers and similar possessions.

ALARM—To hear a fire alarm or a burglar alarm, while dreaming, signalizes a business boom; or a lot of social activity.

ALMS—Giving alms for a worthy cause, in dreamland, indicates that you will meet a new acquaintance whom you will like very much.

AMBULANCE—Seeing or hearing an ambulance, while dreaming, is a sign that the dreamer will learn that a relative has recovered from illness.

ANGER—Being angry with yourself or others, in a dream, implies that you will wonder what it was all about, when you awaken.

ANTS—Seeing ants, in dreamland, signifies removal to a new location; and to those in commercial fields it denotes increased trade.

APPAREL—To dream that your wearing apparel is out of date, signifies that you will overcome a vocational problem through perseverance.

APPLAUSE—When you are greeted with applause, in dreamland, it's a sign that you will face a lot of tormentors in your daily life.

APRON—Wearing an apron, in a dream, indicates that you will laugh off a lot of imaginary domestic handicaps.

AQUARIUM—Visiting an aquarium, in a dream, indicates that you will visit a place of learning, with prospects of being employed there.

ARM CHAIR—Sitting in the old arm chair, in dreamland, denotes that somebody will sit down upon any new ideas which you might advance.

ART GALLERY—Visiting an art gallery, in the land of dreams, is often a warning against wasting time in the art of "recollecting".

ASHES—Dreaming of ashes is an indication that you will lose a chance for promotion through your own neglect or indifference.

ASSASSIN—To see an assassin, in a dream, is an indication that you are about to be betrayed or cheated by friends.

ASYLUM—To dream of being sent to an asylum indicates that the dreamer will receive help by helping others to help themselves.

AUDIENCE—Making a big hit with an audience, while dreaming, implies that you should guard against possible domestic misunderstandings.

AUTOMOBILE TRIP—When you take a long trip by automobile, in a dream, it indicates that you will entertain visitors at your home; or else be entertained at the home of friends and relatives.

AVIARY—Dreams concerning an aviary generally denote that the dreamer will make a good living in a small business concern.

AWL—Dreaming about an awl denotes that you will be pulled out of a tight place by friends whom you have helped in the past.

AXE—Using an axe, in dreamland, indicates that you will have to hew your own way to vocational or occupational success.

BACON—When you feast upon bacon, in a dream it signifies grief; and when you dream of buying it you are likely to hear of the death of a friend or injury to a relative.

BAFFLED—When you are baffled, in dreamland, concerning a business proposition, it usually denotes a sudden clearing up of the problem.

BAGPIPE—To hear the sound of bagpipes, while dreaming, indicates a gathering of friends and relatives around the festive board.

BAKING—Baking bread or pastries at home, in dreamland, indicates that you will profit by activities of a public nature.

BALCONY—Sitting in a balcony with a bunch of congenial associates, in a dream, signifies that you will sit on the anxious seat for a while in a speculative venture of a guessing contest.

BANDITS—Struggling with bandits, in a dream, indicates that you will be rewarded for the discovery of somebody's lost possessions.

BARBER SHOP—To be in a barber shop, in a dream, indicates uncertainty concerning financial or business matters.

BASSOON—Blowing a bassoon, while dreaming, indicates that you will blow yourself for the necessities of life, rather than luxuries.

BEACON—To see a beacon light, in a dream, indicates that you will look at a lot of imaginary troubles from a different angle.

(Continued on page 2)

DREAMS—Continued

BEAUTY PARLOR—Visiting a beauty parlor, in dreamland, often signifies a lack of confidence in a certain friend, or relative, or business associate.

BEETS—Dreaming about beets is an indication that your troubles will be few, and your business will increase.

BEGGAR—When a beggar asks you for alms, in a dream, and you turn a deaf ear, it denotes that you are apt to suffer want.

BELLS—Dreaming about ordinary bells is often a sign that the dreamer will declare a truce with former social antagonists.

BIB—Dreaming about a bib indicates that the dreamer will be called upon to help a relative celebrate the arrival of an heir.

BIFOCALS—Having trouble with bifocal glasses, in dreamland, implies that the dreamer is looking upon life from the wrong angle.

BILLIARDS—Playing billiards, in dreamland, indicates that the dreamer will be stymied in a business deal or a sentimental social sequence.

BITTEN—To be bitten by an animal, in a dream, implies that you are apt to be harmed by an adversary while awake.

BLACKBIRDS—You are likely to hear a lot of village gossip or city slander when you dream about blackbirds.

BLINDNESS—To dream of going blind, or seeing another go blind, indicates that you will see a chance to make many people happy.

BOOK—Reading a good book, in a dream, is a sign that your waking hours will be filled with intellectual pleasure.

BOX—To dream of opening a box, and failing to find what you were seeking, indicates trouble over financial affairs.

BRAVERY—To witness an act of bravery in a disaster, while dreaming, indicates that you will help someone who is in need.

BREAKDOWN—To dream of a breakdown on the road or in a factory implies that you will wrestle with a financial problem until you win.

BRIBERY—Dreaming about bribery is a sign that someone is trying to do you a good turn without letting you know about it.

BRICKS—To dream of handling bricks is an indication that you will be called upon to help a friend or relative build a new home.

BROOK—To dream of a babbling brook indicates that you will soon be asking for dad's consent, or mother's blessings.

BUGLE—Hearing a bugle, in dreamland, while the nation is at peace, is a sign that the dreamer will receive a lot of callers.

BUNGALOW—Buying or building a bungalow, in dreamland, is a sign that you should profit through diligence and determination.

BUTTER—When you dream about using butter in various ways it denotes gastronomic festivity at home in your waking hours.

BUTTONS—Sewing on buttons, in dreamland, is a sign of increased income through part-time employment at home or elsewhere.

CACTUS—Encountering a lot of desert or mountain cactus, in dreamland, is a sign that you might run into a snag in a personal affair.

CAKES—When you dream of home-made cakes it implies that you will be fooled by the honeyed words of a designing associate.

CAMELS—Dreaming of camels is a sign that there will be heavy burdens upon your mind which you will have to carry with forbearance.

Gnawing Pain In Stomach—Alleviated

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."

Had Piles For 18 Years Chinaroid Came to Rescue!

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 misery constantly for all those years. I've tried many things, 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 joyous relief. I certainly cannot praise **Chinaroid** too highly, and certainly do advise it to all pile sufferers, as it surely worked for me."

CANDY—Dreaming about candy is an indication that you are apt to go ahead and do something naughty in spite of good advice.

CAP—To receive a cap as a gift, in dreamland, is often a sign of trouble with in-laws, or a clash with the traffic laws.

CARAVAN—Crossing the country with a caravan, in dreamland, signifies that you will become closer attached to your present surroundings.

CARPET—To walk upon an expensive carpet, in a dream, implies that you will make a lot of friends by stamping out false pride.

CATS—When cats enter into a dream it indicates that the dreamer is likely to be betrayed by a supposed friend.

CAVE—To dream that you are visiting or exploring a cave implies that you will be a victim of vituperation.

CEDARS—Dreaming about cedars is an indication that the dreamer will succeed in a plan concerning a new home or new furnishings.

CHAINS—To dream of seeing a person in chains indicates that someone is trying to enmesh a friend by unfair tactics.

CHAPERON—Acting as a chaperon, in a dream, denotes that someone is watching for a chance to cause trouble in your family affairs.

(Continued on page 4)

* Your Future in the Stars *



ARIES: Mar. 22 to April 20

If you were born with the Sun in Aries, you are a natural born leader, have strong perceptive faculties, quickness in thought and actions, very ambitious and aspiring and quick to take advantage of opportunities. You insist on independence and have a great deal of self-confidence and often win your way in the world through these qualities. You are frank and outspoken, generous and often lacking in caution, and are at times far too venturesome. It seems that you are too kind-hearted and will always do all that you can for those whom you take a liking to. You are quick to anger, and hate to be told your faults or to be contradicted. You have a very sensitive nature and are too easily hurt by the sayings and actions of others. You should succeed as an agent, broker, appraiser, teacher, lawyer or any profession where you would have supreme control. In health, you should guard your head, stomach, kidneys, etc. Your true life partner, according to Astrology would be one born under the sign of Libra. You would also get along well with one born under the sign of Sagittarius or Leo. Your astral colours are red, pink or white. The gems are diamonds or bloodstones. Fortunate day Tuesday. Fortunate numbers 2-1.

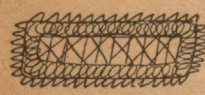
"Doodling"

Often Reveals Character

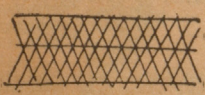
"**D**OODLING" is the writing or drawing done by the hand while the mind is employed on some entirely different business. In other words, "doodling" is done without thought, without attempt to accomplish anything specific. For example, you may be deeply engrossed in conversation about business, while your hand, guided by the subconscious mind, is making various marks on a sheet of paper. These marks seldom, if ever, have any connection with the business occupying your mind at the time, and, therefore, are a very good method of analyzing your character.

Watch yourself, watch your friends! Look at their "doodling", and see how it compares with their known character. You'll be surprised to see how outstanding characteristics in people are shown up in their doodling. Those little marks they make while busy thinking about something else are a true picture of their minds.

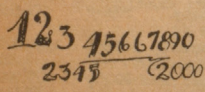
So you can judge your friends by their doodling, we have prepared this outline of "Doodling". We have taken examples of doodling that reveal the most outstanding characteristics in people. Opposite each sample of doodling you will find the character of the person who did it, clearly shown. This information, considered important by many psychologists, was prepared by a well-known student of normal and abnormal psychology:



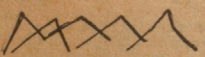
Here we have an example of the complex, intelligent mind. From the doodling, it is clear that this person has been defeated by life and feels bound and gagged by the conventions of life. This fact is revealed by the constant appearance of boundaries, limitations in the doodling. This person would have a great career in art or writing or the stage, once the feeling of being "tied down" is ended.



The person who did this "doodling" is very capable and a straight thinker. However, doodling reveals indecision because the lines often cross and seldom are long and bold. The three long straight lines show definite possibilities if properly developed. The geometrical design shows mature development.

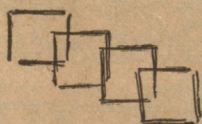


Here is business genius at its peak—rare ability properly developed and efficient in performance. The carefully proportioned figures indicate executive ability and a keen business sense. The boldness of execution reveals a strong will and ability to handle great undertakings. I also see a long voyage at sea in store.



This is an example of the detached, scientific mind, uncluttered with meaningless details, always driving direct to a true, factual answer to any puzzle or problem.

The fact that the point or apex of the angular forms always points upward, shows inclination for research and study.



The clear-cut squares show that the person who made these designs is absolutely dependable and loyal to all friends. The over-lapping of the squares reveals a desire for stability, and this person builds only on firm foundations that are meant to last. The retracing of the squares is indicative of fair play.

(Continued on page 6)

Help Liver Fight Biliousness

Your Liver needs help and needs it quick if you suffer from any of these symptoms: Whites of eyes turned yellowish, Biliousness, Coated Tongue, Constipation, Gas, Indigestion, Poor Appetite, Bad Breath, Headaches. Your Liver is the largest organ in your body and must purify and clean your blood of impurities, and must manufacture 3 pints of Bile every day or your food sours and won't digest, then your stomach swells and you feel grouchy, tired out, nervous and devitalized. But now, thanks to the formula of a licensed chemist called **Higaton** you can help put your Liver back to work and feel better in no time at all. **Higaton** is not an ordinary laxative or cathartic but is a tonic to the Liver and Intestines. This double action cleans impurities out of your system, helps your Liver purify your blood, and helps your digestion so you soon feel alive, full of energy and can enjoy life. Nearly all druggists now import **Higaton** and sell it under the agreement of satisfaction or money back. Start using **Higaton** today and don't neglect your Liver because Liver trouble often causes serious disorders. Remember, the money-back agreement protects you.

HIGATON

Asthma Attacks Curbed—After 25 Years

Mrs. Archie Ward, well-known resident of Lakefield, Ont., recently wrote: "I have had asthma for about 25 years. When I first took your treatment **Mendaco** 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 full-sized treatment **Mendaco** and I have never had an attack of asthma in all that time. I feel far better and have been able to do my housecleaning."

DREAMS—Continued

CHARIOT—To see a chariot, in dreamland, denotes that too much festivity might cause the loss of a faithful friend or companion.

CHECKERS—Playing checkers, in dreamland, indicates that you will move to a new neighbourhood where friendship counts more than finances.

CHESTNUTS—Gathering or eating chestnuts, while dreaming, signifies possible sickness in the family; but nothing serious.

CHICKENS—Seeing a lot of chickens in dreamland, signifies a routine existence or a desire for the simple necessities of life.

CHIMNEY—Dreaming about a defective chimney indicates that the dreamer will regain prestige which was lost through a wrong impression.

CHURCH YARD—To dream of being in a church yard signifies a request to assist at a wedding. It also indicates good health.

CIGARETTES—Smoking cigarettes, in dreamland, is an indication that the dreamer will smoke out a hidden enemy in a business deal.

CINDERS—To dream of cinders is a sign of strife in your business affairs, or misunderstandings in your social life.

CLOCK—To dream of watching a clock while waiting for a business or social engagement denotes delay in plans for a celebration.

CLOTHES—To dream of buying new clothes indicates that you will be looking for a new job or a new business associate.

COBS—Using corncobs for fuel, in dreamland, is a sign that you will be successful in the sale of home-made products.

COIFFURE—When a lady dreams about changing the colour of her coiffure, it implies that she will receive sad news from a friend.

CONCERT—To dream of enjoying a concert often works the other way. It might indicate discord in your business and domestic affairs.

(Continued on page 5)

Kidneys Must Clean Out Acids

Excess acids, poisons and wastes in your blood are removed chiefly by your kidneys. Getting up Nights, Burning Passages, Backache, Nervousness, Rheumatic Pains, frequent headaches, and feeling worn out, often are caused by Kidney and Bladder troubles. Usually in such cases, the very first dose of **Cystex** goes right to work helping the Kidneys clean out excess acids and wastes. And this cleansing, purifying Kidney action, in just a day or so, may easily make you feel younger, stronger and better than in years. A printed agreement wrapped around each package of **Cystex** insures an immediate refund of the full cost unless you are completely satisfied. You have everything to gain and nothing to lose under this positive money back offer so get **Cystex** from your druggist today for only 35c.

Did You Know This ABOUT THE British Empire?

Name	Capital or Principal City	Area Square Miles	Population
Aden-Perim Prot.	Aden	42,000	51,748
Anglo-Eg. Sudan	Khartoum	1,008,100	5,728,551
Ascension Island	Georgetown	34	188
Ashanti	Kumassi	24,379	507,078
Australia	Canberra	2,974,581	6,724,305
Bahrein Islands	Manama	250	120,000
Baluchistan	Quetta	134,638	799,625
Basutoland	Maseru	11,716	570,000
Bechuanaland	Mafeking	275,000	153,000
Bermuda	Hamilton	20	29,116
British Guiana	Georgetown	89,480	323,171
British Honduras	Belize	8,598	54,744
British Isles	London	89,041	46,189,176
British Malaya			
Straits Settlements	Singapore	1,551	1,114,015
Fed. Malay States	Kuala Lumpur	27,500	1,649,724
British N. Borneo	Jesselton	31,106	270,043
Solomon Is. Prot.	Tulagi	11,458	94,066
Bermuda	Hamilton	19	27,789
The Bahamas	Nassau	4,404	59,828
Barbados	Bridgetown	166	173,674
Jamaica	Kingston	4,450	1,050,667
Turks, Caicos Is.		166	5,300
Cayman Islands		104	6,182
Leeward Islands		714	127,829
Windward Islands		516	186,299
Trinidad	Port of Spain	1,862	387,425
Tobago		114	25,358
Brunei	Brunei	2,500	30,233
Burma	Rangoon	261,610	14,667,146
Cameroon, British		34,559	781,611
Canada	Ottawa	3,694,863	10,376,786
Ceylon	Colombo	25,332	5,806,871
Cyprus	Nicosia	3,584	347,959
Dependencies		89	9,659
Falkland Islands and South Georgia	Stanley	6,068	3,101
Fiji Colony	Suva	7,083	182,576
Gambia	Bathurst	4,000	185,000
Gibraltar		1 1/8	17,405
Gilbert and Ellice Islands		180	33,714
Gold Coast	Accra	91,843	3,444,180
Hong Kong and Ter.	Hong Kong	391	849,751
India	Delhi	1,805,252	351,399,880
Irish Free State	Dublin	26,601	2,972,802
Kenya Colony	Nairobi	224,960	3,076,343
Labrador		110,000	4,411
Malta	Valletta	122	241,621
Maldiv Islands	Malé	115	70,000
Mauritius Island	Port Louis	720	393,238
Nauru		8	2,692
Newfoundland	St. John's	42,742	284,800
New Guinea	Rabaul	93,000	396,958
New Hebrides	Port Vila	5,700	54,531
New Zealand	Wellington	104,015	1,557,043
Nigeria	Lagos	372,674	19,928,171
Nyasaland	Zomba	37,596	1,611,000
Palestine	Jerusalem	10,358	1,035,821
Papua, Territory of	Port Moresby	90,540	276,107
Rhodesia, North and South	Lusaka & Salisbury	440,664	2,590,077
St. Helena		47	3,995
Sarawak	Kuching	50,000	475,000
Seychelles Island	Victoria	156	27,444
Siera Leona	Freetown	27,000	1,500,000
Socotra	Tamride	1,382	12,000
Somalland Prot.	Berbera	68,000	844,700
South West Africa	Windhoek	322,393	266,930
Tanganyika	Dar-es-Salaam	363,000	5,068,544
Tasmania	Hobart	26,215	227,959
Togoland	Lomé	13,041	300,000
Tonga Island Prot.	Nukualofa	256	28,839
Trans-Jordania	Amman		300,000
Tristan da Cunha		3	130
Uganda	Entebbe	94,204	3,553,534
Union of South Africa	Pretoria	471,917	9,046,000
Western Samoa	Apia	1,133	49,147
Zanzibar Protectorate and Pemba	Zanzibar	1,020	235,428

DREAMS—Continued

CORPSE—To dream of seeing a corpse in public denotes that you will hear of a new arrival in the family of a friend or relative.

COW—To see a cow lying down and lazily chewing her cud, implies that the dreamer will be out of work for awhile. Dreaming that you see a lot of cows feeding contentedly in a corral is a sign that you will have a steady job.

CRAWLING—To dream that you crawl on the floor, or under the house, or on the roof, is general a warning of personal inconvenience.

CUCKOO—When the calling of a cuckoo intrudes in a dream it is often a sign of warning against clandestine relationships.

CYPRESS—To dream about cypress trees or a cypress hedge signifies that the dreamer will realize an ambition in scientific research.

DAIRY—Working around a dairy, in dreamland, indicates that the dreamer will find a good job in a good town with a good boss.

DAISIES—Dreaming of wild daisies signifies contentment and pleasure in domestic affairs, fraternal doings and club activities.

DANGER ABOVE—When something above you causes grave concern, in a dream, your chances for progress are good; but if it falls and hurts you the dream is often a warning to be careful while travelling.

DANGER AT SEA—When you dream of being in danger at sea it is a sign that you must be courageous in your daily activities.

DARKNESS—Being lost in the dark, in a dream, indicates that you will experience financial depression. When you come out of the dark, in the same dream, it is a sign that your depression will be temporary.

DEATH—Practically all dreams pertaining to Death, indicate opposite conditions in your daily life; such as good health, domestic happiness and vocational success.

DEBTS—When you dream that you are hopelessly in debt it is a sign that you are not as bad off as you think you are.

DEER HUNTING—When you go hunting for deer, in a dream, it indicates a falling out with friends or business associates.

DENTISTS—Visiting a dentist, while dreaming, denotes that you will change your mind about a proposed business trip.

DESERT—Being stalled on a desert, while dreaming, signifies loss of money in a mining venture or similar investment.

DESPAIR—To dream of being in despair is often a sign that good luck in your affairs is about to come your way.

DIAMONDS—Dreaming of diamonds generally is a sign of steady income, with the assistance of a steady married mate.

DIGGING—Digging in the earth, in a dream, generally signifies good returns for your daily labour, through perseverance.

DIRT—To dream of excavating or hauling dirt implies that you will profit through manual labour until you become an employer.

DISASTER—To dream that you witness a disaster on land is a sign that you or a close friend will meet with public acclaim.

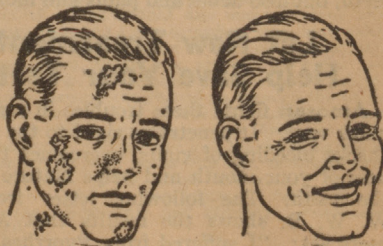
DISGUST—When you are disgusted with some person, while dreaming, it indicates that such person is a good friend of yours.

DISPATCH—To dream that you dispatched a messenger boy on an errand indicates that you will win out if you "hold everything".

DITCH—When you fall into a ditch, in a dream, it signifies that during your waking hours you will suffer bodily injury, or loss of money, or be snubbed by associates.

(Continued on page 10)

Pimples and Bad Skin Fought in 24 Hours



It is no longer necessary for anyone to suffer from ugly, disgusting and disfiguring skin blemishes such as eczema-like rash, pimples, ringworm, psoriasis, acne, blackheads, scabies and red blotches without the benefits of the modern proven treatment called **Nixoderm**. Don't let a bad skin make you feel inferior and cause you to lose your friends. Help clear your skin this new scientific way, and don't let a bad skin make people think you are diseased.

Fights Trouble 3 Ways

Nixoderm is an ointment, probably different from any ointment you have ever seen or felt. It is not greasy but feels almost like a powder when you apply it. It penetrates rapidly into the pores and fights the cause of surface skin blemishes. **Nixoderm** contains 9 ingredients which fight skin troubles in these 3 ways: (1) It fights the microbes or parasites often responsible for skin disorders. (2) It stops itching, burning and smarting in 7 to 10 minutes, and cools and soothes the skin. (3) It helps nature promote a clear, soft and velvety smooth skin.

Works Fast

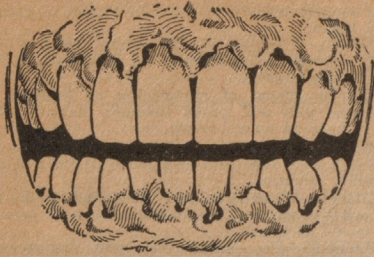
Because **Nixoderm** is scientifically compounded to fight skin troubles, it stops the itching, burning and smarting in a few minutes then starts to work immediately, helping to clear and heal your skin, making it softer, whiter and velvety smooth. In just a day or two your mirror will tell you that here at last is a

scientific treatment you may have been needing to help clear your skin, a treatment to make you look more attractive, to help you win friends. **Nixoderm** has helped bring clearer, healthier skins to thousands, such as Mrs. B. Loucks, Two Rivers, B.C., Canada, who recently wrote: "My husband suffered for years with an eczema-like condition. He tried many salves 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 one package fixed up the condition. I certainly recommend **Nixoderm** to anyone suffering from skin trouble."

Money-Back Agreement

Nixoderm costs absolutely nothing unless it helps clear your skin condition to your complete satisfaction. Get **Nixoderm** from your druggist, today. Look in the mirror in the morning and you will be pleased at the improvement. Then just keep on using **Nixoderm** for one week and at the end of that time it should have made your skin softer, clearer, smoother and more attractive or you simply return the empty package and your money will be refunded in full. Get **Nixoderm** from your druggist today. The money back agreement protects you.

Pyorrhoea and Bleeding Gums Quickly Curbed



Bleeding gums, sore mouth, or loose teeth may mean that you are a victim of Pyorrhoea or Gingivitis that can eventually cause you to lose many of your teeth and have to wear false teeth before your time. Since the great World War these mouth diseases have spread throughout the world so that now scientists say that four out of every five people are sufferers sooner or later. Be warned in time and treat these diseases before it is too late, because they often cause not only the loss of teeth, but also aches and pains and indigestion.

Let New Treatment Help Save Your Teeth

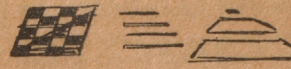
Amosan fights these troubles in a new and quick way. It penetrates right to the trouble, checks bleeding of gums, overcomes the soreness of your mouth and helps Nature tighten the teeth. The following letter from Mr. W. W. B. shows the results that **Amosan** users get: "I suffered from Pyorrhoea for ten years. My gums were sore and bleeding and several teeth were getting looser all the time. I tried many things and then heard of this new treatment **Amosan**. Shortly after using **Amosan** my gums stopped bleeding. The soreness in my mouth was overcome and I found that my loose teeth were much tighter and that I could chew my food without pain."

Money-Back Agreement

Amosan works so promptly and effectively that it must overcome bleeding of gums, curb sore mouth and help Nature tighten your teeth, and give you complete satisfaction or your money back on return of empty package. Take this precaution against Pyorrhoea and possible loss of teeth. You risk nothing. Get **Amosan** from your druggist today under the

Amosan ironclad money-back agreement which protects you.
For Pyorrhoea—Gingivitis

"DOODLING"—Continued



A love of life is indicated by the checkered form, and the straight parallel lines reveal an affable, good-natured personality, always willing to operate and help a friend. The diagonal line across the checkered figure is a warning note. Beneath the surface is a temper ready to flare whenever injustice is committed.



Rampant emotions, a ferocity of unpredictable action, and a daring, pioneering spirit are revealed in this doodling design. The arrow head, followed by wild triangles and circles means an unusual agility of brain and body. This person's self-sufficiency is saved only by a deep sense of humour.



The floral type of doodling indicates an innocent character with a strong leaning towards artistic work. While the mind is well ordered, it sometimes lacks direction and the person of this type is always sure the grass is greener on the other side of the fence. Persons of this character are to be trusted completely with material things, as this type does not consider them of any value to themselves. The only valuable things in their world is the artistic and esthetic worth of the intangible.

(Continued on page 7)

* Your Future in the Stars *



TAURUS: April 21 - May 21

If you were born with the Sun in Taurus, the money sign, you are especially gifted with the power to attract wealth. You possess wonderful powers of concentration and clairvoyant gifts. Your power of concentration and persistence is excessive and you easily overcome all difficulties and delays. This should help you to succeed in life. Logic and reason are strong with you, but you do not cling closely enough, perhaps to the practical and material things of life, for your own good. Along with prosperity, you love peace and harmony. You are easy going, calm, tender and affectionate until angered, outraged or cheated, then you can be as bitter, cruel and furious. You are practical, patient and plodding, strong and dependable, yet at times you can be as stubborn as a bull, especially when you believe you are in the right. You are apt to suffer most in life from affections of the throat, neck and catarrhal conditions. With the proper training you would succeed along mechanical lines, selling, cashier or upon the stage. For complete harmony, you should marry one born under the sign of Scorpio, Capricorn or Virgo. Your astral colours are yellow, green or blue. The gems are emeralds, moss agates or diamonds. Fortunate day Saturday. Fortunate numbers 2-7.

* Your Future in the Stars *



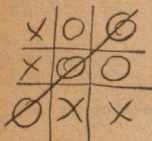
GEMINI: May 22 - June 21

If you were born with the Sun in Gemini, you are very affectionate and generous, proud of birth, and have a great deal of family pride. Being born under this sign, you can become an excellent business person, being well informed, clever and tactful in negotiation, and difficult to deceive, all of this makes for financial success. You may not always amass great wealth, but are very active in whatever occupation you take up. You are inclined to try to do too many things at a time which sometimes hinders you in doing either well. You are congenial, warm hearted, courteous and refined, and either very generous and unselfish or the exact opposite. You have a temper that flashes up quickly, but is quickly calmed down showing but little violence. You like to be advised, but usually follow your own judgment. You are apt to suffer most during life from pulmonary diseases, pneumonia, pleurisy, asthma, nervous diseases and aches in the arms. You would succeed in government service. For harmony in domestic life you should marry one born under the sign of Sagittarius, Aquarius or Libra. Your astral colours are blue, green, white or red. The lucky gems are agates or emeralds. Fortunate day Wednesday. Fortunate numbers 8-3.

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."

"DOODLING"—Continued



The person who plays tic-tat-toe with themselves are generally of the listless type who do not take life very seriously. They have retained a good many of their childhood traits. This indicates a reluctance to cope with the problems that life presents. They prefer to drift with the tide and rely on others to arrange their lives. Persons of this type generally live an undistinguished life as a worker for a more ambitious person. They very seldom get into trouble of any kind because they do not have the inclination to wander from the straight path which has been drawn for them.

* Your Future in the Stars *

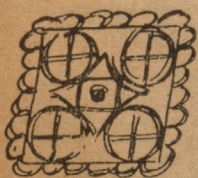


CANCER: June 22 - July 23

If you were born with the Sun in Cancer, you are proud, independent, conservative, inclined to be artistic and desirous of high positions. You are very particular about your appearance and very positive and determined in the execution of your plans. You have superior intelligence and are quick to perceive and learn new things. You are fond of travel. Your arguments are good and it is a hard matter to talk you out of anything. You are a good linguist, and possess dramatic and musical ability. You should also succeed along the inventive lines; also as a stenographer, merchant, sales person, in fact, you are shrewd in all business matters. The diseases from which you are apt to suffer are indigestion, gastric, liver, kidney and nervous troubles. You are not a person who should go through life without a partner, as a matter of fact, the older you grow the more you will need someone to listen to your sorrows and joys. In marriage you should be happiest with a companion born under the sign of Capricorn, Pisces or Scorpio. Your astral colours are orange, green or russet brown. The gems are rubies, black onyx or agate. Fortunate day Monday. Fortunate numbers 8-9.



This spiral or spring-like type of "doodling" is one of the primary exercises given to penmanship students in elementary grade schools and when practiced by a grown person denotes a strong tendency to retain habits, which have been acquired in early years, for the balance of their lifetime. Also indicative of persons who, although always moving forward at a steady pace, travel in circles in order to reach their objective.



Intricate designs such as the one illustrated here shows a person who continually contradicts himself, first moulding an idea and then discarding it; starting again and coming to the same conclusion, never quite finished with one thought when it is cast aside as hopeless and another problem started. This type of indecisive mind runs the gamut of emotions every day and suffers from self-persecution.

If Back Aches Help Kidneys

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your Kidneys are vital to your health and that these symptoms may be due to Kidney and Bladder troubles—in such cases **Cystex** usually gives prompt and joyous relief by helping the Kidneys clean out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying **Cystex**. A printed agreement wrapped around each package assures a refund of your money on return of empty package unless fully satisfied. Don't delay.

Cystex
Helps Clean Kidneys

Get **Cystex** (Siss-tex) from druggist today. Only 35c. Money-back agreement protects you.

What Your Given Name Means

YOUR Christian name, which means the name given you in baptism, or your first name, is more than just a label. As a general rule, it means something. It was probably formed hundreds of years ago from the words of some strange language and has been handed down from generation to generation, occasionally changed and abbreviated, but still retaining its meaning. Below is a list of the more popular given names and their generally accepted meanings:

MASCULINE NAMES

Abraham—Father of a multitude
Adam—Earth-man
Adelbert—Noble, bright
Adolph(us)—Noble hero
Adrian—Dark
Alan—Harmony
Albert or Elbert—All bright
Alexander—Helper of men
Alfred—Good counsellor
Algonon—Whiskered
Alonzo or Alphonso—Willing
Amos—Strong
Andrew—Manly
Anthony—Praiseworthy
Archibald—Very bold
Arthur—Noble
Austin or Augustus—Exalted
Baldwin—Bold
Bartholomew—Warlike son
Basil—Royal
Benjamin—Son of the right hand
Bernard—Strong bear
Bertram—Bright
Boyd—Yellow
Brian—Strong
Bruce—Conqueror
Byron—Clear thinker
Calvin—Bald
Cameron—Brave
Carl—Manly
Cecil—Dim of sight
Charles—Manly
Chester—A soldier
Christopher—Bearing Christ
Clarence—Illustrious
Claude—Proud
Clement—Mild tempered
Clifford—Valorous
Conrad—Able counsel
Cuthbert—Renowned
Cyril—Lordly
Cyrus—Sun-like
Daniel—Divine judge
David—Beloved
Dennis—Wine god
Donald—Proud chief
Douglas—Bold chief
Duncan—Brown chief
Earl—Lordly
Edgar—Happy giver
Edmund—Defender
Edward—Guardian
Edwin—Gainer of happiness
Egbert—Famous swordsman
Elliott or Ellis—Golden
Emerson—Kindly
Emery or Emory—Rich
Emmanuel—God with us
Eric—Brave
Ernest—Earnest
Erwin—Bear-like
Ethan—Stalwart
Ethelbert—Nobly bright
Eugene—Well born
Ferdinand—Valient
Floyd—Flood-son
Francis, Frank or Franklin—Free
Frederick—Peaceful ruler
George—Landholder
Gerald—Strong with spears
Gilbert—Famous
Godfrey, Geoffrey or Jeffrey—At peace with God
Gordon—Generous
Gregory—Vigilant
Grover—Forester
Gustavus—Warrior
Guy—Leader
Harold—Champion
Harvey—Bitter
Henry—Head of a house

Herbert—Glory of the army
Herman—A warrior
Homer—Security
Horace—Brave leader
Howard—Guard
Hugh or Hugo—Soulful
Ira—Watchful
Irwin—Warrior
Ivan—God's gift
Jacob—Truthful
James—Supplanter
Jerome—Holy name
Jesse—Wealth
John—Gift of God
Joseph—He shall multiply
Julius or Julian—Soft haired
Justin or Justus—Just
Keith—Handsome
Kenneth—A leader
Lawrence—Crowned with laurel
Leo or Leon—The Lion
Leonard—Strong as a lion
Leslie or Lester—Lustrous
Lewis or Louis—Bold warrior
Lionel—Young lion
Lloyd—Gray
Luke—Light
Luther—Illustrious warrior
Malcolm—Kingly
Marcus or Mark—Hammer
Marshall—Horseman
Martin—Warlike
Matthew—Gift of Jehovah
Michael—Like God
Miles—A soldier
Milton—Red
Morris—Hope
Morton—Ambitious
Moses—Out of the water
Nathan—A gift
Neal or Neil—Dark
Nelson—Nell's son
Nicholas—Victory of the people
Norman—A Northman
Oliver—Contented
Orville—Peaceful
Oscar—Leaping warrior
Otho or Otto—A giant
Owen—Well born
Patrick—Noble
Paul—Little
Percival—Lordly
Perry—Fruitful
Peter—A rock
Philip—Lover of horses
Ralph—Famous hero
Randolph—Helper
Raymond—Wise protector
Reginald—Strong king
Richard—Powerful ruler
Robert or Rupert—Bright
Roderick—Famous
Roger—Famous with spear
Roland—Fame of the land
Ronald—Famous
Ross—Hunter
Roy—King
Rudolph—Active
Rufus—Red haired
Russell—Red
Samuel—Heard by God
Sidney—Troubled
Silvanus—Living in a forest
Simon—Hearing with acceptance
Spencer—Thinker
Stanley—Stony meadow
Stephen—A crown of flowers
Stuart—Guardian
Theodore—Gift of God
Thomas—A twin
Timothy—Fearing God
Valentine—Healthy
Vernon—Everlasting
Victor—Conqueror
Vincent or Vance—Victorious
Wallace—A stranger
Walter—Water master
Wesley—Shining
Wilbur—Wild boar
Wilfred—Peaceful
Willard—Nobleman
William—Defender

FEMALE NAMES

Adaline, Adela, Adelaide or Adeline—A princess
Adrienne—Dark
Agnes or Inez—Pure
Alice—Same as Adeline
Alma—Kind of heart
Amelia—Beloved
Amy—Beloved
Angelica—Lovely
Anita—Gracious
Ann, Anna, Anne, Annette, Nancy or Hannah—Graceful
Antoinette or Antonia—Inestimable
Audrey—Golden
Barbara—Strange
Beatrice—Happy
Bernice—Bringing victory
Bertha—Beautiful
Bridget—Shining light
Carlotta—Noble spirited
Caroline or Charlotte—Feminine of Charles
Catherine, Kate or Katherine—Pure
Cecilia, Cecily or Cicely—Feminine of Cecil
Clara—Bright
Clarissa or Claire—Famous
Colleen—A dove

(Continued on page 12)

A 3-Day Cough Sign of Danger

Any cough that lasts more than 3 days is a danger signal that your health may be undermined. If you cough almost constantly your bronchial tubes and delicate tissues are irritated and your chest gets sore, so stop that cough before it undermines your health. This is now made easy by **Bronko**, the formula of a licensed and registered chemist. **Bronko** not only stops your cough promptly, but contains tonic elements that work through your blood to soothe the raw, tender, inflamed membranes, and remove germ laden mucus so that you breathe freely. **Bronko** stops stubborn coughs and curbs bronchitis quickly, or it will not cost you a single penny, under the money-back agreement. **Bronko** must satisfy you in every way or you merely return the empty bottle and get your money back. Get **Bronko** from your druggist today.

Bladder Weakness and Kidney Trouble Ruin Health for Thousands

There are few ailments that can make you feel older, more worn-out and unable to keep going than bladder weakness and kidney trouble. And the reason for this is that when your kidneys and bladder slow down in their work uric acid and other poisons gradually accumulate in your system and frequently cause backache, getting up nights, leg pains, nervousness, rheumatic pains, frequent colds and loss of energy.



Help Kidneys Remove Acids

Women, and men too, will be surprised and delighted to see how quickly and easily they can relieve backache, getting up nights, burning passages and other kidney and bladder troubles by simply aiding the kidneys and bladder to filter and clean out excess acids and poisonous wastes.

As we grow older our kidneys at times may slow down in their work of filtering and purifying the blood. And when this happens uric acid, and other poisons have a tendency to accumulate in the system, making you feel older, worn-out and suffer from many aches, pains and troubles. But by simply helping the kidneys and bladder to perform their work more normally thousands of men and women in Canada and throughout the British Empire have discovered joyous relief and new energy.

Fourteen years ago a scientific formula

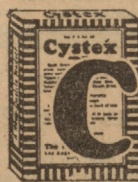
called **Cystex** was made available to the public through drug stores, making it easy and inexpensive to help thousands suffering from kidney and bladder troubles in these three simple ways: (1) Help the Kidneys remove excess acids, which may become poisonous and irritating. (2) To palliate burning and smarting of the urinary passages, and bladder irritation. (3) Help the Kidneys clean out wastes which may become poisonous, thus aiding nature in stimulating an increase of energy and more youthful feeling.



Money-Back Agreement

The very first dose of **Cystex** usually goes right to work helping the Kidneys remove excess acids, poisons and wastes. And this cleansing, purifying action in just a day or so may make you feel younger, stronger and better than in years. A printed agreement wrapped around each package of **Cystex** insures an immediate refund of all your money unless you are completely satisfied. You have everything to gain and nothing to lose under this positive money-back offer. Get

Cystex from your druggist today for only 35c. The money-back offer protects you.



(PRONOUNCED SISS-TEX)
Cystex
Helps Clean Kidneys

« The Proper Use of Cosmetics »

The colour of your rouge needs careful selection. Don't be the first to use a new shade just because it is the latest style, unless you are sure it fits your personality.

Apply your rouge in little daubs where the strongest colour is desired, then work out until you have no sharply defined edge. Blend it into the colour of your flesh. Where to apply your rouge depends, entirely upon the contours of your face. A little experimenting will determine the best location.

The art of using powder is to appear that you don't use it at all. Powder is not intended to hide a bad complexion. If anything, powder applied heavily accentuates blemishes.

Use just enough to prevent your skin from shining and to give it a "softer" appearance.

Cupid's Bow lips are no longer in vogue. "Design your mouth" to enhance your facial proportions. If your lips are too thin, run the rouge over the edge a little. If they are too long, stop before the corners are reached—too short, accent the corners slightly. Be sure your rouge extends well inside the lips.

Superfluous hair in the eyebrows should, of course, be removed, but nothing detracts more from facial beauty than artificial looking eyebrows. Use extreme discretion. Your eyelashes can be improved by brushing with vaseline or cocoa butter. Accent them slightly with lash pencil. The lower lashes should receive very little.

DREAMS—Continued

DOCTOR—To dream of calling a doctor is an indication that you are in good physical condition, as a general rule.

DOGS—When you are greeted by a friendly dog, in a dream, it signifies that you are about to meet some true friends. To dream that the dog bites you, or snaps at you, signifies that a good pal is likely to desert you.

DOOR MAT—To dream that your door mat has been carried away is a sign that somebody is trying to damage your reputation.

DOVES—Dreaming about doves indicates that you will enjoy domestic tranquility, business advancement and joyful social relations.

DRAGON—When you see a dragon, in a dream, it is an indication that you should guard against unwise changes in your affairs.

DREGS—Cleaning the dregs from a sink or similar appliances, while dreaming, denotes a shake-up in affairs concerning the dreamer.

DUCKS—Dreaming of domestic ducks usually indicates a life of domestic bliss, coupled with plenty of hard work.

(Continued on page 11)

She Had Asthma For 6 Years Mendaco Put Her Right

"During the past 6 years I have been a victim of Hay Fever and no matter what treatment I tried I failed to get relief.

"In the summer of 1938, I took a trip overseas to England, the home of my birth, and suffered most of the time from this much dreadful ailment. Prior to my leaving England, I developed a severe attack of Asthma; I recovered from this attack two weeks previous to sailing back. On my third day aboard the ship, this attack of Asthma returned in severe stage. During the night-time my breathing was so bad I felt every hour would be my last.

"The last two nights aboard the ship I spent in the large lounge on the top deck afraid to go to sleep. On arriving in Toronto I saw your advertisement on **Mendaco**, and decided to give it a trial. I had only taken a few tablets when I was very much relieved. I am now in my second bottle and feeling no longer afraid of going to bed at nights.

"The Asthma and Hay Fever attacks have now been controlled. A thousand thanks to **Mendaco**."—(Signed) Mrs. Charlotte Walne, Toronto, Ont.

* Your Future in the Stars *



LEO: July 24 to Aug. 23

If you were born with the Sun in Leo, you have a great deal of internal courage and determination and are very energetic and aspiring. You are conservative and generous and desire justice with all whom you have any dealings. In character and disposition you are very confiding where your affection or trust is given. You are very modest and retiring, and always pleasant, agreeable company. Your will although firm and strong is capable of sudden changes under persuasion. Success is clearly marked out for you, both in social and business life. And if you don't attain success, it is your own fault. Self-control is the most important lesson for you to learn. You are usually optimistic and happy and live to help others. In doing so, you find peace, happiness and contentment. You can never be driven any more than you can drive a lion, which is the symbol of your sign, but if anyone appeals to your heart, you will put yourself out to help them. You are better suited for mental activity than manual labour, and with proper training you would make an excellent chemist, physician, public speaker, author. A marriage with one born under the sign of Aquarius, Aries or Sagittarius should prove harmonious. Your astral colours are orange, green or red. Your gems are rubies or sardonyx. Fortunate day is Sunday. Fortunate numbers 2-7.

If You Get Up Nights You Can't Feel Right

If you have to get up 3 or more times a night your rest is broken and it's no wonder if you feel old and run down before your time. Kidney and Bladder troubles often may be the cause of many pains and symptoms simply because the Kidneys may be tired and not working fast enough in filtering and removing irritating excess acids, poisons and wastes from your blood. So if you get up nights or suffer from burning, scanty or frequent passages, leg pains, backache, or nervousness, due to Kidney and Bladder troubles, you'll make no mistake in trying **Cystex**. Because it has given such joyous, happy results in so high a percentage of cases, **Cystex** is sold under an agreement of money back on return of empty package unless completely satisfactory to you.

Cystex
Helps Clean Kidneys

Cystex costs only 35c at druggists, and the money-back offer protects you.

* Your Future in the Stars *



VIRGO: Aug. 24 - Sept. 23

If you were born with the Sun in Virgo it is hard to keep you in a low plane of life, as with your active, aspiring nature you are constantly coming to the surface in your earnest endeavours to rise superior to the common level of humanity. You are tactful and courteous and adapt yourself to those with whom you come in contact. You are very frank in the expression of your opinion, but you do not give it unsolicited. Your are honest and truthful, very precise in detail and can readily put right any defect in your own character. At times you can pick things to pieces and find fault. You are extremely critical of the shortcomings and actions of others and you do not hesitate to denounce them. It seems that you will own up to almost any fault except those you really have. You must also learn to control your temper for when you are angry you are apt to say things for which you are very sorry afterward. You can succeed in a commercial or manufacturing line, clerk, accountant, salesperson or teacher. The diseases from which you are apt to suffer the most during life are affections of the bowels and some skin diseases. A marriage with one born under the sign Taurus or Leo should prove harmonious. Your astral colours are amber, black or gold. Your gems are ruby, sapphire, sardonyx. Fortunate day Wednesday. Fortunate numbers 7-9.

Weak, Thin Blood Needs More Iron

If there is not enough iron in your blood you may suffer from loss of appetite and feel debilitated, tired, nervous and weak. If neglected this may lead to frequent headaches, a generally run-down condition, skin blemishes and loss of energy and self-confidence. Iron is the real source of energy for the blood and body. And now it is easy to enrich your blood with iron through the creation of **Ferrano** by a licensed and registered chemist. **Ferrano** contains, in pleasant, tasteless form, a compound of iron, and other ingredients which start almost immediately to help build rich, red, health- and vigour-giving blood. **Ferrano** also stimulates your Liver and must make you feel more vigorous, stronger and healthier or it costs you nothing under the money-back agreement. Get **Ferrano** from your druggist today, and if it does not make you feel like a new person, and thoroughly satisfied, all you need to do is to return the empty package and get your money back.

DREAMS—Continued

DUDE RANCH—Visiting a dude ranch, in a dream, indicates that you might start on a pleasure trip and have to walk back home.

DUST—To dream that you walk through dust or dirt indicates possible injury or sickness in your waking hours.

DWARF—To dream of seeing a dwarf, or dwarfs, signifies a healthy growth and vocational advancement of the dreamer.

DWELLING—To dream about your dwelling place indicates that you are going to receive an offer to participate in a house-warming.

DYES—Using dyes for domestic purposes in a dream, indicates that you will meet a chance acquaintance who will prove to be a friend.

EAGLE—When you dream that you see an eagle soaring at great heights it signifies financial success and good citizenship. Also, if dreamer be a lover, it denotes a wealthy marriage.

EARTHQUAKE—Dreaming that you are in an earthquake or similar shakeup, is a sign that you will shake yourself out of a dilemma.

ECLIPSE—Witnessing an eclipse of the Sun, in dreamland, generally signifies that a friend or relative at a distance is seriously ill.

ECONOMICS—Delving into economics, in a dream, usually forecasts an unsuccessful experiment; with the dreamer being held responsible.

EELS—When you dream about eels it signifies that you should be cautious about speculation, and especially about wagering.

EGGS—When you see a lot of eggs in a dream, it is a sign of good luck in all of your affairs.

EGOTISM—To dream of stealing the whole show at a public function is a sign that someone will steal your overflow of ego.

ELDERBERRIES—To dream of elderberries is a sign of confusion or mistrust in dealing with an agent or a salesman.

ELECTRICITY—To dream about electrical machinery or appliances is a sign of success on land, but failure in the air or on the water.

ELEPHANT—Dreaming about an elephant indicates that you will be hale and hearty and travel in good company.

EMBERS—To see burning embers, in a dream, signifies danger in dealing with a self-starting speculator or a sure-thing salesman.

EMBLEMS—To dream that you are wearing an emblem of authority denotes that you are being tabbed for a possible promotion.

EMBRACED—To dream of being embraced by a stranger is an indication that you are going on a long journey.

EMBROIDERY—When you dream that you are embroidering, or doing fancy work, it is generally a warning against two-faced associates.

EMERALDS—Dreaming about emeralds denotes that you might suffer mental agony because of expenditure made by a loved one.

ENGINE—Seeing any kind of an engine in motion, in dreamland, signifies that the dreamer should take precautions against accident; at least for a few days following the dream.

ENTERTAINER—Having a good time as an entertainer, in dreamland, signifies that you will work hard for someone whom you admire.

ERMINE—To be wrapped in ermine, in a dream, indicates that you will be wrapped up in a one-way proposition to your sorrow.

ERRANDS—Running many errands, in a dream, implies that your business and social affairs are likely to be interrupted.

ESTATE—Falling heir to an estate, in dreamland, implies that you will affiliate with a lazy business partner, or an indolent associate.

EVERGREENS—A dreamland picture of cultivated evergreens denotes for the dreamer a happy culmination of domestic ambitions.

EXCESS BAGGAGE—To pay for excess baggage, while travelling in dreamland, is a sign of much labour in balancing your budget at home.

EXCURSION—Going on an excursion trip, in dreamland, signifies a quarrel in your home or office over a trivial matter.

EXILED—To dream that you have been exiled from your native land, is a sign that you will travel a great deal.

EXPLOSION—Dreaming about an explosion is often a warning against reckless driving or other forms of carelessness.

(Continued on page 12)

Piles Ruin Your Nerves

Relieve Pain and Itching in 15 Minutes

No matter how long you have suffered from the pain of itching, bleeding internal or protruding Piles, nor what you have tried, here at last is a treatment that stops the pain and itching in 15 minutes so that you can sit or walk, ride, work and enjoy life in comfort. Not only does it stop the pain but it immediately aids Nature to soothe the sore tender parts and quickly shrinks the swollen tumours and helps restore normal functions to the rectum.

Ailments Caused By Piles

Hundreds of tiny nerves centre in the rectum and radiate from this point to all parts of the body. When these nerves are irritated by sore, swollen Piles they carry messages of pain, not only from the rectum, but also from various other parts of the body. For instance, irritation of these nerves by Piles may cause severe headaches, nervousness, backache, constipation, weak kidneys, pains in the legs, faulty memory, stomach and liver trouble. When people get rid of their Piles they find that many other troubles are also cleared up at the same time. Help get rid of your rectal trouble and you will know the real joy of vigorous health and sound nerves.

New Treatment Works Fast

Chinaroid not only stops the pain and itching in 15 minutes, but contains 7 special ingredients which help nature soothe the sore spots and shrink and reduce

the swollen blood vessels, and thus help restore a normal healthy condition. Chinaroid has a special applicator which makes it simple and easy to use. The very first application will prove to your complete satisfaction that here at last is the treatment you have been searching for—then just continue a few days longer, and you will feel like a new person. For instance, Mr. Walter J. Belson, Hope Bay P.O., Ont., recently wrote: "Having been troubled with blind and itching piles for 20 years or more I thought I would try Chinaroid, your fine pile remedy. I have found it stops the pain and itching almost instantly. 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."

Money-Back Agreement

Get Chinaroid from your druggist today. Put it to the test. See for yourself that the very first application stops the pain in 15 minutes. See for yourself that it quickly relieves the sore spots. See for yourself that it quickly makes you feel like a new person. You be the judge and after using the entire package, if you are not entirely satisfied in every way, and cannot truthfully say that Chinaroid is worth ten times the small cost, simply return the empty package and your money will be refunded in full. Get Chinaroid from your druggist today, remember Chinaroid must do the work to your complete satisfaction or cost nothing. The money-back agreement protects you.

CHINAROID
PILE BALM

Arthritic Pains Curbed Easy Way

A new medicinal compound called **Rosal** quickly circulates through your blood helping to remove poisons that often cause stiffness and rheumatic and arthritic pains. Just send your name, card will do, for **\$1.00 Rosal** free. No cost. No obligation. Just tell others if it helps your arthritic pains. Knox Co., 302B Knox Bldg., Fort Erie North, Ontario.

* Your Future in the Stars *



LIBRA: Sept. 24 to Oct. 23

If you were born with the Sun in Libra you have keen intuition and good inspiration power. You should be the possessor of splendid powers of comparison and an ability to weigh and balance things mentally. You are not as practical as some people and in keeping appointments you are none too punctual. Libra people are fine reasoners, and have a happy faculty of seeing both sides of a subject. You have good business ability, which gives you great efficiency in any line of work which requires perseverance and a penetrative mind. You generally want to know the plans you intend working out, and then go about it without much fuss. You have a keen sense of humour, and this is a saving grace which will help you out of many difficulties. You are apt to suffer most in life from affections of the liver, kidneys, feet, intestinal and stomach troubles. A marriage with one born under the sign of Aries or Aquarius should prove harmonious. Many noted writers, lecturers, financiers, actors and actresses come from this sign. Your astral colours are turquoise, crimson or yellow. The gems of this sign are the opals or sapphires. Fortunate day Friday. Fortunate numbers 6-9.

DREAMS—Continued

EXPRESS—Receiving a package by express, while dreaming, indicates that an expected gift might prove to be disappointing.

EYE GLASSES—To dream of having trouble with eye glasses, indicates possible neglect of matters pertaining to the family welfare.

EYE WITNESS—Dreaming that you are an eye witness, or an innocent bystander, at a shooting scrape signifies that you might become involved in a neighbourhood dispute concerning a moral issue.

FACES—Seeing many new faces, in dreamland, indicates a change of residence and a bevy of new friends for the dreamer.

FAIR—Attending a county fair or similar exhibition, in dreamland, implies indifference to business and domestic affairs.

FAIRIES—Dreaming about fairies is generally considered a good omen for persons of all ages in all walks of life.

FALLING—Falling from a high building or other high place, in dreamland, denotes a falling out with a lover; or a falling off in business.

FAME—When a person dreams of being at the threshold of fame, it indicates a sad awakening to the fact that there is a long climb ahead in the quest for notability.

FANCY FAN—Fickle flirtations and financial fluctuations are often connected with a dream where a fancy fan is involved.

FAREWELL—To dream of bidding friends and relatives a fond farewell before going on a long journey, signifies a change in vocation.

FASHIONS—To be concerned about the latest fashions, in a dream, is a sign that you will make up with someone whom you have disliked.

FATIGUE—Dreaming that you are all fagged out from too much physical exercise denotes a struggle in educational affairs.

FAVOURS—Seeking favours or extending favours in dreamland, indicates that you are apt to experience sudden gains and sudden losses.

(Continued on page 18)

WHAT YOUR GIVEN NAME MEANS—Continued

Constance—Firm
Cora or Corinna—Maiden
Cynthia—From Mount Cynthus
Deborah—A bee
Diana—Goddess
Dolores—Sorrow
Dora, Dorothy, Dortha or Dorinda—Gift of God
Doris—Sea born
Drusilla—With dewy eyes
Edith or Ada—Rich gift
Edna—Pleasure
Eleanor, Elinor, Elena—Same as Helen
Ella or Ellen—Same as Helen
Elizabeth, Eliza, Babette, Betty, Isabel or Isabella—Worshipped of God
Elsa or Elsie—Same as Alice
Emily, Emma or Eme-line—Energetic
Ether, Hester or Hesther—Good fortune
Ethel—Noble birth
Eva, Eve or Evelyn—Life
Evangeline—Glad news
Felicia or Felice—Happiness
Flora—Flowers
Florence—Blooming
Genevieve—Peaceful
Gertrude—True
Gladys—Happy
Gloria—Fame
Gretchen—A pearl
Harriet—Feminine of Henry
Helen, Helena, Lenora, Eleanor, Nellie, Elinor, Elena or Aileen—Light
Honora or Nora—Honourable
Hortense—Garden loving
Ida—Godlike
Irene—Peace
Jane, Jennie, Joan, Joanna, Janet, Jean, Jeannette—John
Jessie or Jessica—Firm
Joyce—Sportive
Judith—Praised
Julia, Juliana or Juliette—Feminine of Julius
Laura—A laurel
Lillian—The lilly
Loretta—Pure
Louisa or Louise—Feminine of Louis
Lucy or Lucille—Born at dawn
Mabel—Lovable
Madeline—Magnificent
Margaret, Madge, Marguerite, Marjorie or Rita—A pearl
Mary, May, Maria, Miriam, Marion, Marie, Myra, Molly or Polly—Star of the Sea
Martha—Ruler of the house
Maud or Maude—Heroine
Mildred—Mild speaker
Millicent—Sweet singer
Muriel—Myrrh
Natalie—A gift
Nina—Young
Norma—From the north
Olive—Peaceful
Pamella—Beautiful
Patricia—Noble
Phoebe—Radiant
Phyllis—Green bough
Priscilla—Ancient
Prudence—Careful
Rebecca—Enchanting beauty
Rosabel—Beautiful rose
Rosamond—Famous protector
Ruby—Red
Ruth—Beauty
Sara, Sarah or Sally—Princess
Shelia—Blind
Shirley—Pleasant
Sibyl—A prophetess
Silvia—Of the forest
Sophia—Wisdom
Stella—A star
Susan or Susanna—A Lilly
Theresa—Carrying corn
Veronica or Vera—Faithful
Verna—Lovable
Victoria—Winning
Viola—Modest
Virginia—Pure
Vivian—Lively
Winifred—Peace lover
Yvonne—Youthful
Zora—Dawn

New Iron Compound Enriches Your Blood

If there is not enough iron in your blood you may suffer from loss of appetite and feel debilitated, tired, nervous and weak. If neglected this may lead to frequent headaches, a generally run-down condition, skin blemishes and loss of energy and self-confidence. Iron is the real source of energy for the blood and body. And now it is easy to enrich your blood with iron through the creation of **Ferrano** by a licensed and registered chemist. **Ferrano** contains, in pleasant, tasteless form, a compound of iron, and other ingredients which start almost immediately to help build rich, red, health- and vigour-giving blood. **Ferrano** also stimulates your Liver and must make you feel more vigorous, stronger and healthier or it costs you nothing under the money-back agreement. Get **Ferrano** from your druggist today, and if it does not make you feel like a new person, and thoroughly satisfied, all you need to do is to return the empty package and get your money back.

DREAMS—Continued

FEASTING—When you dream that you are feasting upon good things, it generally indicates that you are facing a temporary famine.

FEATHERS—Dreaming about feathers on a hat or other article of personal adornment, indicates the need of caution in social contacts.

FENCE—To dream that you jump over a fence signifies sudden promotion in vocational lines or professional work. To dream of crawling under, indicates a sudden demotion.

FEZ—To dream of wearing a fez in a parade, or at a fraternal affair, indicates that you are about to travel to a distant place.

FICTION—Rehashing a fictional story, in a dream, often signifies that the dreamer will learn the truth about an affair of personal interest.

FIFE—Playing a fife, or hearing one played, in the land of dreams, is a sign that good news from an unexpected source will be received.

FILLING STATION—When you dream about a filling station it is often a warning to hold back—and especially to hold your temper.

FIRE—To see a forest fire, a prairie fire or a burning building, while you are in dreamland, signifies that you will be enlightened upon a domestic or business problem. To dream about serious damage by fire indicates possible reversals in business or employment affairs.

FIRE DEPARTMENT—To join a fire department in a dream, indicates that you are apt to suffer loss through somebody's carelessness.

FISHING—Catching lots of fish, in a dream, signifies prosperity in your business, professional or social affairs. To dream that the big ones all get away is a sign that you will awaken to face a lot of adversity.

FLAMES—To dream of seeing flames leaping into the air, signifies that someone is "burning you up" behind your back.

FLOOD WATERS—Wrestling with flood waters in a dream, denotes trouble in your love affairs or your domestic relations.

FLOUR—Dreaming that you lay in a supply of flour for the future indicates that there will be sickness in the family.

FOOTLIGHTS—Dreaming that you should show your talents behind the footlights, implies that you will be better off by "Sticking" with your friends.

(Continued on page 18)

Liver Trouble Makes Eyes Yellow

Your Liver needs help and needs it quick if you suffer from any of these symptoms: Whites of eyes turned yellowish, Biliousness, Coated Tongue, Constipation, Gas, Indigestion, Poor Appetite, Bad Breath, Headaches. Your Liver is the largest organ in your body and must purify and clean your blood of impurities, and must manufacture 3 pints of Bile every day or your food sours and won't digest, then your stomach swells and you feel grouchy, tired out, nervous and devitalized. But now, thanks to the formula of a licensed chemist called **Higaton**, you can help put your Liver back to work, and feel better in no time at all. **Higaton** is not an ordinary laxative or cathartic but is a tonic to the Liver and Intestines. This double action cleans impurities out of your system, helps your Liver purify your blood, and helps your digestion so you soon feel alive, full of energy and can enjoy life. Nearly all druggists now import **Higaton** and sell it under the agreement of satisfaction or money back. Start using **Higaton** today and don't neglect your Liver because Liver trouble often causes serious disorders. Remember, the **HIGATON** money-back agreement protects you.

Pimples!



Don't let ugly pimples or a red, itching, blotchy skin cause you to lose the charming, attractive personality that may easily be yours. Don't let a bad skin give you an inferiority complex and ruin your life socially. Many people may actually

think you are diseased and you can't possibly hope to win and keep the friends you would like if your skin is disfigured by ugly blemishes.

Fights the Cause

Ordinary ointments or lotions can't do much good, because they do not fight or combat the cause of skin troubles. Your skin has millions of tiny seams and pores in which germs and

parasites, invisible to the eye, may bury themselves and cause pimples and red scaly eruptions, eczema-like rash, blackheads and such serious skin disorders as ringworm, and also itching, cracking, blistering feet, called Athlete's Foot. Fight these skin disorders quickly and effectively with **Nixoderm** which acts in the following fashion: (1) It attacks the germs and parasites. (2) It stops the itching and cools and soothes the skin in 7 minutes. (3) It helps make the skin clear, soft and smooth.

Money-Back Agreement

Get **Nixoderm** from your druggist today. Apply this white, cool, greaseless cream tonight. Look in the mirror in the morning and you will be pleased at the improvement. In a day your friends will be complimenting your improved appearance, and by the end of 7 days **Nixoderm** should have made your skin softer, clearer, smoother and more attractive—or it costs nothing. Under this agreement merely use **Nixoderm** 7 days, and if not completely satisfied in every way, merely return the empty package and your money will be refunded in full. Get **Nixoderm** today. The money-back agreement protects you.



Wedding Customs and Etiquette



TRADITION has surrounded the about-to-be-married couple with customs and conventions which they should follow. These are described briefly here. If fuller information is required, there are many excellent books dealing with the subject.

THE ENGAGEMENT



After the engagement is agreed on, it generally is announced. This is done verbally or by letter to close friends, and through the newspapers, if desired.

The engaged girl may accept small presents and jewelry from her fiancé, but ordinarily does not accept clothing, furniture, or anything similar.

Showers will provide the bride-to-be with many useful things. These should always be given by a friend, not by a relative.

The modern girl usually goes with her fiancé, to select her engagement ring. Of course, it should be a diamond.

INVITATIONS AND ANNOUNCEMENTS

The wedding invitations are sent out by the bride and her mother. If the wedding is formal, these are engraved. For informal weddings, with few guests, notes of invitation are written by the bride.

Persons receiving engraved invitations to a formal wedding need not acknowledge them unless a reply is asked, or an invitation to the reception or breakfast is included. They should, however, send a gift.

Engraved announcements are sent out after a small wedding to which few guests are asked. Persons receiving such an announcement should not send a gift, but may write a note of congratulation.

Curb Colitis Help Bowels and Stomach

Colitis (functional irritation of the colon or large intestine), is causing thousands to suffer from dull aches or burning pains in the side, Gas, Heartburn, Biliousness, Nervousness, Bad Breath, Dizziness, Burning of Stomach, Loss of Sleep and Pep. If you suffer from Colitis, ordinary stomach medicine won't help much. You really need **Kolade Powders** which work three ways to relax tense intestine muscles, soothe sore mucous membranes and check acidity. It is not a laxative but works to help nature. Don't suffer another minute without trying **Kolade Powders** under the fair-play agreement of satisfaction or money back on return of empty package. At all drug stores.

The bride should acknowledge all wedding gifts with a personal note. She may, with propriety, exchange any undesirable gifts if they are not engraved for her use.

The old custom of displaying gifts at the wedding is falling into disuse. Most modern brides prefer to hold a little luncheon or tea and show them only to intimate girl friends, along with the trousseau.

THE WEDDING

The kind of a wedding is a matter of choice, but it should be in keeping with the bride's circumstances, not the groom's.

The formal church wedding should be entirely arranged and paid for by the bride and her parents. The groom pays the license and clergyman's fee, plus gifts to the male attendants, if he desires.

The informal wedding may take place at the home of the bride's parents or nearest female relative. It should never be held in the groom's home. Lawn weddings are in good taste.

Informal weddings may also be held in a church or in the clergyman's house



AFTER THE WEDDING

Immediately after the wedding, it is usual to hold a reception or breakfast, unless the couple must leave at once.

The reception or breakfast gives the guests an opportunity to congratulate the newly married couple. Although it is called a "breakfast", the meal served is like a luncheon, and includes the wedding cake.

The groom must pay all actual expenses of the honeymoon, though he may accept the use of a summer house or cottage, car or boat from the bride's parents.

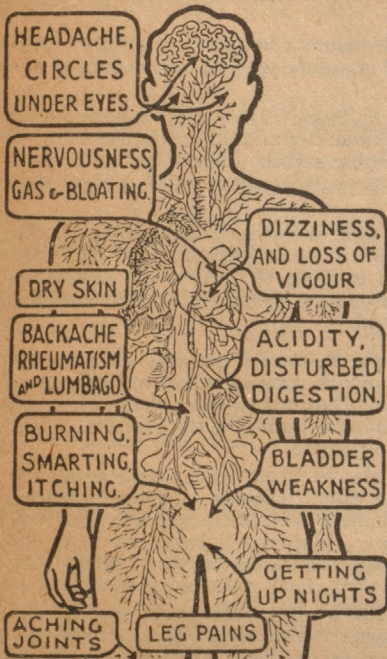
When registering at hotels the groom must remember that the correct form is "Mr. and Mrs. John Randolph Jones," not "J. R. Jones and wife".



Backache and Kidney Trouble Make You Feel Old, Worn Out

If you're feeling out o'sorts, Get Up Nights or suffer from Burning Passages, Backache, Nervousness, Rheumatic Pains, frequent Headaches and Colds, and feel old before your time, Kidney and Bladder troubles may be the cause.

Worry, colds, working too hard, or overeating or drinking may create an excess of acids and overload your Kidneys so that they need help to clean out poisonous wastes that might otherwise undermine your health.

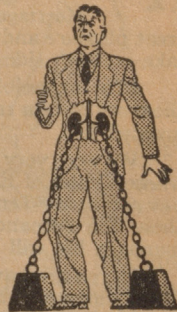


Help Kidneys Remove Acids

Nature provides the Kidneys to clean and purify your blood and to remove excess acids. The Kidneys contain about nine million tiny tubes or filters through which the heart pumps

blood about 200 times an hour, night and day so it's easy to see that they may get tired and slow down when overloaded.

Fourteen years ago a scientific formula called **Cystex** was made available to the public through drug stores, making it easy and inexpensive to help thousands suffering from Kidney and Bladder troubles in these three simple ways: (1) Help the Kidneys remove excess acids which may become poisoning and irritating. (2) To palliate burning and smarting of the urinary passages, and bladder irritation. (3) Help the Kidneys clean out wastes which may become poisonous if allowed to accumulate, thus aiding nature in stimulating an increase of energy, which may easily make you feel years younger.



Money-Back Agreement

Usually, in Kidney and Bladder disorders the very first dose of **Cystex** goes right to work helping the Kidneys clean out excess acids, poisons and wastes. And this cleansing, purifying Kidney action, in just a day or so, may easily make you feel younger, stronger and better than in years. A printed agreement with each package of **Cystex** insures an immediate refund of all your money unless you are completely satisfied. You have everything to gain and nothing to lose, under this positive money-back offer. Get **Cystex** from your druggist today for only 35c.

The money-back offer protects you.



(PRONOUNCED SISS-TEX)
Cystex
 Helps Clean Kidneys

— CARE OF THE HAIR —

Form the habit of brushing your hair for at least five minutes out of every day. This brushing is both cleansing and stimulating. Massage your scalp, too. Move the scalp over the skull, don't let your fingers merely slide back and forth over your scalp. Press down hard. This will stimulate circulation of blood and loosen scalp tightness which tends to retard circulation. It also helps eliminate dandruff, as well as soothe the nerves of the scalp.

When washing the hair use only the finest and purest soap, with medium hot water, never extremely hot. There are a great many commercial shampoos on the market which you might find ideal.

After the wash, a lemon squeezed into the last rinse pan will be found to thoroughly remove the soap and also impart a beautiful sheen to the hair. If you wish an egg shampoo and have light hair, it would be well to use only the whites of the eggs.

Are You Happily Married?

DR. M. SAYLE TAYLOR,
Famous Radio Commentator Known to Millions as
"VOICE OF EXPERIENCE"



TELLS 10 RULES ON HOW
TO HOLD YOUR MATE



ARE you happily married? Do you love your wife or husband and get along well in the home, or is home a place of arguments, fights and constant nagging?

Marriage is a natural state for man and woman, and a state in which they should find great pleasure and happiness. Marriage is a matter of personal adjustment and much give and take on both sides.

It is impossible to draw up a set of rules that will assure a happy married life. However, there are certain rules, which, if they are observed, will certainly prevent many cases of unhappy married life.

We were very fortunate in securing the help of Dr. M. Sayle Taylor, famous radio personality whose "Voice of Experience" programs are a household standby in many countries. Dr. Taylor has prepared "Ten Demandments for Making and Keeping a Happy Marriage". You will find these Ten Demandments interesting, and if you will observe them, it is quite obvious that your marriage life will be much happier.

If you are having trouble at home now with your wife or husband, start using Dr. Taylor's Ten Demandments and see the immediate improvement in your domestic relations. After all, Dr. Taylor prepared these rules only after a careful analysis of 250,000 questionnaires that listeners to his radio programs sent in. So, the rules are fair and square, based on actual experience. If you use them, the results are bound to be good.

Rule 1—Keep the new-found intimacies following the marriage vow on a high plane. Marriage involves liberties — not licenses. Marriage offers opportunities for the highest physical and spiritual unions or the grossest forms of immodesties and improprieties. Avoid vulgarities if you wish your marriage to remain the wholesome institution it was intended to be.

Rule 2—Keep your own individuality after marriage and allow your mate to do the same. Marriage does not imply ownership, and whenever either party attempts to dominate, both contracting parties suffer.

Rule 3—Do not expect the honeymoon to last forever. Marriage is a business partnership as well as a love union. Enduring marriages are those based on mutual love, respect and admiration—characteristics which will far outlive mere sensuality.

Rule 4—Respect your "in-laws" at a respectful distance. No house is big enough for newly-weds and in-laws. No matter how small the home, apartment or room may be, live to yourselves.

Rule 5—Keep your friends of both sexes and allow your mate to do the same. That couple is happiest where husband and wife make each other's friends, mutual friends and devoid of petty jealousies, realize the impossibility of one man becoming everything to one woman, or one woman everything to one man.

Rule 6—Avoid quarrels as you would a plague. It may seem fun to make up after a quarrel; but scars deeper than you realize will be left as a result of petty quarrels. Therefore, do not argue.

Rule 7—Trust your mate implicitly and never show jealousy. Doubt, suspicion and groundless accusations have broken up many homes. Marriage is based on love, and love presupposes faith—implicit faith. To keep love alive, faith must not give way to doubt.

Rule 8—Keep the circle square and avoid triangles. The circle of marriage is represented by the band which is worn by the wife and oftentimes by the husband. Husband and wife should have friends—many of them— but ONLY FRIENDS. Intimacies are dangerous at all times and should be avoided. Have many good friends, but no privileged characters.

Rule 9—Get a hobby. Too many marriages go on the rocks because neither the husband nor the wife has learned how to use leisure time. Mutual hobbies indulged in by husband and wife have saved many a home.

Rule 10—Raise a family. There is no greater link in the world to bind husband and wife than babies in the home. I do not mean to indicate that babies should become crutches on which tottering marriages should lean; but I do know that since one of the chief reasons for marriage is the propagation of our kind, a marriage is incomplete without a family.

Enrich Your Blood With New Iron Compound

Combat Nervousness, Weakness, Debility and Stimulate Your Appetite This New Easy Way

Men and women who are not feeling well and strong but who suffer from loss of appetite, weakness, tiredness and a run-down condition make this simple test: Stand in front of a well lighted mirror. Roll your eyes around so that you can see the whites of them. If your eyes are not a good clear white, that may be a definite indication that your blood is being starved for lack of iron. Next, make this simple test: Roll down the lower lid of one of your eyes and look at the inside of the lid. Is it a bright, rich, red color, or is it a thin, watery, pink color, this is a positive indication that your blood needs building up with iron.

Symptoms Caused by Lack of Iron



When Your Blood is Poor in Iron You Look and Feel Sick, Weak, and Debilitated

Lack of appetite usually is one of the first symptoms of lack of iron in the blood. You are also likely to feel debilitated, nervous and tired all the time.

If you neglect your condition you are likely to gradually feel worse, and may suffer from headaches, nervousness, cold hands and feet,

skin blemishes and loss of energy.

New Iron Compound Enriches Your Blood

And now thanks to the formula of a registered, licensed chemist, a way has been found to compound iron with other ingredients so that practically all of the iron is absorbed and goes into the blood to make it rich, red and strong. This formula, known as **Ferrano**, also contains an ingredient to stimulate your Liver to more normal function. This is vitally important because all the blood in your body passes through your Liver many times a day to be purified. Thus, with **Ferrano** you get the double action of enriching and purifying your blood, and stimulating your Liver.



Pure Red Blood, Rich in Iron, Builds Vigor and Health

Make This Money-Back Test

Get **Ferrano** from your druggist today. Put it to the test and see for yourself how much more vigorous, stronger and energetic you can feel. With **Ferrano** there is no long delay or waiting for results as it starts working through your blood very quickly so that in just a few days you can see for yourself what **Ferrano** can do for you. **Ferrano** is so successful that it is offered under a positive money-back agreement that it must satisfy you completely or you merely return the empty package and all of your money will be refunded. **Ferrano** is inexpensive, costing only 2c a dose. Take it for just a week or two and if you don't feel like a new person it will not cost you a single penny. Get **Ferrano** from your druggist today.

Ferrano ★ **BLOOD BUILDER ... LIVER REVITALIZER**

Kidney Trouble Causes Backache, Getting Up Nights

If you're feeling out o'sorts, get up nights or suffer from backache, leg pains, burning passages and general run-down feeling, kidney trouble may be the true cause.

Wrong foods and drinks, worry, colds or overwork often put a strain on your kidneys so that they function poorly and need help to properly purify your blood and maintain health and energy. A quick and modern way to help the kidneys clean out excess poisons is with a scientifically prepared medicine called **Cystex** which starts to work quickly and proves its benefits the first day or so.

Money-Back Agreement

Usually the very first dose of **Cystex** goes right to work helping your kidneys remove poisonous wastes. Quickly, this may make you feel fine again. And so certain are the makers that **Cystex** will satisfy you

completely they ask you to try it under a money-back agreement. You be the judge. If not entirely satisfied just return the empty package and get your money back.

The money-back agreement protects you, so get **Cystex** from your druggist today.



DREAMS—Continued

FOREIGN TRIP—When you journey to a distant land, while dreaming, it denotes a radical change in your daily habits and associations.

FOREST—Walking or riding through a forest in safety, while dreaming, is a sign of good luck; but losing your way implies bad luck.

FRIGHTENED—To be frightened, while dreaming, implies that you will meet with friends who will help you to forget all about fear.

FROST—To dream of seeing frost on the ground indicates the loss of some thing which you have laboured hard to produce.

FUNERAL—To see a funeral passing, in a dream, signifies friendly greetings from the land of the living. To dream of following a funeral procession, signifies that you will attend a reception or a wedding at an early date.

FURNITURE—Craving new furniture in a dream, indicates that you will be living beyond your means if you don't get down to tacks.

GAGS—Telling a lot of stories in your sleep, is a sign that someone is fooling you about an offer to make you rich and famous.

GALLERY—To dream of sitting in a gallery at a show or an exhibition implies that you will be ace-high with an old-time friend.

GARDEN—Dreaming that you possess a large garden, filled with plants and flowers, is a sign of intellectual advancement.

GARTER—To dream that you lose a garter, indicates a loss of affection in love affairs, or loss of prestige in social activities.

GATE CRASHER—When you dream of crashing the gate at a public or semi-public affair, it sometimes betokens a journey to the welfare department or a similar agency.

GEESE—When a male person dreams about domestic geese he is likely to marry a giddy girl or a witless woman; when a female person sees a lot of domestic geese, in dreamland, she is apt to wed a flirt or n'er-do-well.

GEESE, WILD—Seeing a flock of wild geese, in a dream, generally denotes uncertainty in business or financial matters.

GEMS—To dream of uncut gems is a sign that you will experiment with a new invention, with a probability of success.

GHOST—When you see a ghost, in a dream, and you're frightened, it denotes that you will meet with a minor accident.

To stand pat against a ghost, in dreamland, indicates victory over a troublesome matter which concerns you personally.

GIANT—Dreaming about a giant indicates that a seemingly big problem will work out to your advantage, if you don't hesitate.

GIFT—Receiving a gift, in a dream, signifies that you will win a guessing contest, an athletic event or similar activity.

—GLOVES—To dream of losing a glove indicates a search for better quarters or hunting for a job away from home.

GOATS—Dreaming about goats is an indication that somebody will harass you, but you will get the best of the argument.

GOGGLES—Wearing goggles, in a dream, implies that you will wear out a lot of grey matter trying to see things as they are NOT.

GOLD—Golden dreams about gold are often reminders that other things are more important when it comes to facing the realities of life.

GOOD LUCK—To dream that good luck is helping you to get ahead in the world, is a sign that you will work hard for all you get.

GOOSEBERRIES—Congenial family relations, and a pleasant journey, often follow a dream about gooseberries which are made into sauce.

GORILLA—Dreaming about a gorilla implies that you should avoid entangling alliances with persons who carry their thoughts in a vacuum.

GOSSIP—Dreaming about gossip is an indication that the dreamer is in for a grand time, at a universal gathering of keyhole peepers.

GRAPES—Dreaming about grapes usually signifies good news concerning a financial deal or a delayed business proposition.

GRASS—To see green pastures or beautiful lawns, in a dream, signifies refreshing news from friends or business associates.

(Continued on page 19)

Pile Pain Checked in 5 Minutes

Mrs. Olive Alley, Ingersoll, Ont., recently wrote: "I suffered with the worst case of piles for one year. I was so bad I had to give up my work. The pain and burning was unbearable. I used to faint, and the only relief I could get was to hold a piece of ice against the piles. My son saw your advertisement in the *Evening Telegram* and insisted that I should get some. He got me a tube and in five minutes I was relieved and went to sleep. I have recommended **Chinaroid** for piles to many people, and you may use this letter anywhere at anytime. I shall continue to recommend it throughout the world."

DREAMS—Continued

GRAVE—When you see an open grave, in a dream, it implies that you will have a falling out with a relative or a close friend.

GUITAR—Dreams connected with guitar music generally indicate a romance, or the starting of a modest business venture.

GUN—To dream of possessing a gun for protection implies that the dreamer is making a big problem out of a small affair.

GUTTER—Finding something valuable in a gutter, in dreamland, signifies that the dreamer will receive a gift, or find a good job.

HAIL STORM—Dreaming about a hail storm indicates losses in farming, commercial affairs, business affairs, or similar activities.

HAMBURGER—Relishing a hamburger, in dreamland, indicates that you still believe that the world is safe for democracy.

HAMS—Dreaming about hams in a smokehouse indicates that your family larder will be well filled for a long while.

HAND CAR—Pumping a hand-car on a railroad, while dreaming, signals a trip to the prairies in quest of wild fowl or small game.

HAND SHAKING—To dream of shaking hands with a lot of people indicates that the dreamer will be in the public eye and then out again.

HARE—To see a wild hare being chased by hounds, in a dream, denotes that you will be chased by a thief; or maybe by the police.

HARP—Hearing a harp beautifully played, in dreamland, signifies a delightful trip with friends to a place of interest.

HARVEST—To dream of harvesting a good crop on a farm or a ranch, is a sign that you will prosper through the efforts of others.

HAT—To dream of buying a new hat indicates pending success; but losing a hat, in dreamland, implies trickery and envy.

HAY—Cutting hay, in a dream, signifies that you will cut a wide swath in rural society, while making good as a farmer.

HEIR—To dream of falling heir to a family estate implies that you will fall out with friends and relatives; unless you give and take.

HENS—Hearing hens cackle, in a dream, is a sign that you will have a few luxuries in life, with loved ones to help you.

HIKING—To dream of hiking for pleasure, in a hiking outfit, indicates that you will be invited to a celebration; perhaps a rodeo.

HILLS—To dream of being among the green hills for pastime indicates that you will have a good time in the valley of make-believe.

HOGS—Dreaming about fat hogs, ready for market, indicates a period of prosperity for the dreamer, as a rule.

HOLLY—To dream about holly usually indicates disappointment over an expected gift, or a trivial dispute about nothing.

HONEY—It is considered an excellent sign to dream about honey; unless the dreamer be one who "waits for things to happen".

HORN—To hear a hunting horn or similar instrument, in a dream, is a sign of good news from someone far away.

HORSESHOE—It's a sign that some kind of excitement is in view, when you dream that you find an old horseshoe which is rusty.

HOSPITAL—Going to a hospital for treatments or an operation, in a dream, implies a slowing up of your financial affairs.

HOT DOGS—Eating hot dogs, while dreaming, denotes that you will keep on going, despite obstacles and opposition that may arise.

HOUNDS—To dream about hound dogs indicates many changes for the dreamer before settling down to the enjoyment of life at home.

HOUSE—Designing or building a house for yourself, in a dream, indicates that you are apt to continue to pay rent for a long while.

HUNGER—To feel the pangs of hunger, in a dream, denotes that your personal efforts should pull you through a trying situation.

ICE—Dreaming of ice is generally a bad sign, all around, and especially where finances and speculations are involved.

ICE SKATING—Skating on ice, in dreamland, signifies that you will have to solve a perplexing problem in love affairs or domestic matters.

INCUBATOR—To dream about an incubator indicates indecision in regard to an investment intended to aid an infant industry.

INSULT—To dream of being insulted, is a sign of trouble with somebody who owes you money or other consideration.

(Continued on page 22)

Arthritic Pains Curbed Quickly

The new prescription **Rosal** starts circulating through your blood helping to remove poisons that often cause stiffness and rheumatic and arthritis pains. These pains should quickly subside and you should feel better and stronger. Just send your name, card will do, for **\$1.00 Rosal** free. No cost. No obligation. Just tell others if it curbs your arthritic pains. Knox Co., 301B Knox Bldg., Fort Erie North, Ontario.

Athlete's Foot Itching Curbed While You Sleep

Do your feet itch so badly they nearly drive you crazy? Are there cracks between your toes? Does the skin peel away? It's no fun to suffer from the misery of Athlete's Foot and there's always the danger of infecting your loved ones.

Some of the very worst cases of Athlete's Foot are of surface character and are not caused by a systemic disorder or bad blood. No matter what you have tried or how long you have suffered you owe it to yourself to make the **Nixoderm** test.

Works While You Sleep

A prescription called **Nixoderm** has brought welcome relief from the misery of Athlete's Foot,

Ringworm, and other stubborn skin ailments to thousands. And **Nixoderm** is so easy and inexpensive to use that you can't afford to delay a single day. **Nixoderm** costs only **60 cents** and is now handled by nearly all good drug stores in Canada. Just put it on your feet at night, and let it work while you sleep.

Satisfaction or No Pay

Nixoderm is so satisfactory in so many cases of Athlete's Foot, Ringworm, and other skin blemishes, of surface character, that it is sold under a money-back agreement. A printed agreement wrapped around each package of **Nixoderm** insures an immediate refund of your money on return of empty package unless you are fully satisfied. Under this offer you have everything to gain and nothing to lose, so get **Nixoderm** from your druggist for only **60 cents** and let it start working for you tonight.

••• AN INTERESTING—FASCINATING STUDY •••

•The Features Indicate Individual Characteristics•

Study your friends and acquaintances and check up with the following Characteristics

"The Eye is the Window of the Soul"

ROUND EYES denote an affectionate disposition, fidelity, faithfulness, loyalty and filial devotion.

FULLNESS OF THE EYES indicates love of literature and capacity for elocution, keen observation, fine discernment and social qualities.

LARGE AND OPEN EYES denotes development of the nerves of sensation, owners are sensitive, easily hurt and somewhat changeable but kind-hearted and trustful.

The shape of the eyes betrays more than the colour.

EYES WHICH ARE LONG from side to side denote ambition, shrewdness, watchfulness, great secretiveness and suspicion. The owners are impulsive, impetuous, inclined to fickleness and are quick to recover from vicissitudes of any nature.

MEDIUM SIZE EYES, thin lidded, with dream expression, indicate idealistic tempera-

ment, highly emotional and very susceptible to beauty. In connection with high forehead and finely cut features, indicate creative ability.

DEEP SET EYES denote caution and prudence, with penetrating expression, the owner is strong willed, determined and inclined to be critical and domineering but true and firm in friendship.

"His Brow Proclaims His Intelligence"

A FULL HIGH FOREHEAD shows love of education and literary ability. The towering forehead with prominent cheek bones, well defined nose and mouth, denotes lofty ideals and spirituality.

A BROAD AND HIGH FOREHEAD with clear, bright eyes indicates purity of thought and a religious bent.

A SQUARE HEAD AND FOREHEAD indicates capacity for law and order, a love of system and arrangement and the owner is frequently a determined worker.

(Continued on page 21)

Acid Stomach Ruins Joy of Life

Don't Let Gas, Heartburn, Bad Breath and Dizziness Make You Nervous, Rundown 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 Many 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.

Works Fast

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 do, and take the 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 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.

Former Sufferers are Daily Writing Praising Diotex Highly. For Instance:

Mr. W. T. Markham, R.R. 6, Parkhill, Ont., recently wrote: "Having been troubled with gastric hyper-acidity, 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 results, I gained five pounds in weight, sleep excellently, and enjoy my meals. I could not recommend **Diotex** too highly."

"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 most anything. I have a real stomach now." (Signed) Robert Young, 612 Mulvey Ave., Winnipeg, Manitoba.

Make This Test

No matter how long you have suffered from Hyper-Acidity of the Stomach or what you have tried, you should put **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 **Diotex** under the unlimited money-back agreement. Ask your druggist for **Diotex** today.

Diotex • For Stomach Troubles

Liver Trouble Causes Yellowish Eyes—Coated Tongue

Do you feel half sick, nervous and tired out? Do you suspect that your Liver might be to blame? Well, there is a mighty simple, easy way for you to tell. Just walk to your mirror and look at the whites of your eyes—are they a pure white or have they turned yellowish with fine, thin, red streaks crisscrossing the yellowish tinge? If so, your Liver needs help, and needs it quickly. Other symptoms of Liver trouble are Biliousness, Coated Tongue, Constipation, Gas, Indigestion, Poor Appetite, Bad Breath, Headaches.

Liver Vital to Health

Your Liver is the largest organ in your body. All of your blood passes through your Liver many times each day to be cleaned and purified. If the Liver gets lazy and does not do its work properly, impurities accumulate in your blood and you may lose your vitality and suffer from many troubles. Your Liver must also manufacture three pints of bile every day or your food sours and won't digest. Then your stomach swells up, you feel grouchy, tired out, nervous and devitalized, and suffer from constipation.

New Liver Tonic

Sufferers from Liver trouble throughout the world can now give thanks to the creation of

Higaton by a registered, licensed chemist. **Higaton** is purely vegetable, and does not contain any Calomel or minerals, or harmful drugs, and possesses two vital actions. First, it acts as a tonic to the Liver to help restore normal functioning so that impurities may be removed from your blood, and at the same time enabling the Liver to manufacture the proper amount of bile for good digestion. Secondly, it acts as a tonic to the intestines, helping them complete the process of digestion. In other words, **Higaton** is not an ordinary laxative or cathartic but a genuine tonic to the Liver and Intestines, and it is this double action that quickly helps bring new energy and vitality so that you can feel alive, full of vitality and able to enjoy life.

Make This Money-Back Test

Higaton has given such success to sufferers from lazy Livers that it must satisfy completely or money back on return of empty package. Remember that the neglect of Liver and Intestinal troubles may lead to serious consequences, so don't delay but start taking **Higaton** today. Nearly all druggists have recently received fresh supplies of **Higaton**.

HIGATON Get it now. The money-back agreement protects you.

(Continued from page 20)

FOREHEADS WHICH REcede denote practicality and research.

WHEN THE BRAIN FORM IS LARGE it denotes extraordinary imagination and intelligence.

A FULL DEVELOPMENT across the lower forehead, the owner is quick to perceive and judge.

A LOW FLAT FOREHEAD indicates that the owner is a good mixer, sociable and active, given more to physical work than mental attainments.

"Her Saucy Nose Betrays Her Disposition"

A SAUCY, TURNED UP NOSE indicates good natured humour, love of life, and good times, but inclined to selfishness and irresponsibility.

A GRECIAN NOSE indicates artistic tendencies, refinement, gentleness, patience and perseverance, but the owner is often temperamental and quick tempered although kind-hearted and sympathetic.

A FAT, THICK-SET NOSE—the owner is fond of good living, very sociable and entertaining but somewhat indolent, procrastinating and vacillating.

A LONG THIN NOSE indicates integrity

of character, refinement, love of education with legal tendencies, inventive genius and persistency.

A SMALL NOSE indicates a thrifty, self-centred individual with a love of display and affection but very ambitious—an untiring plodder and a good provider.

A LARGE NOSE with high bridge denotes elevation of mind, philanthropy, great kindness of heart and generosity of spirit.

"His Mouth Belies His Word"

A VERY SMALL MOUTH denotes a childish, critical nature, easily vexed and lacking in stability.

MEDIUM LIPS tightly compressed, an earnest, progressive nature, with considerable push and determination—one who handles his own problems.

HEAVY PUCKERED MOUTH with overdevelopment of the lower lip and chin indicates a bossy nature with an oversupply of conceit and ambition.

MOUTH WITH OVERHANGING FULL UPPER LIP and protruding upper teeth—thoughtlessly selfish and self-centred, with love of amusement and attention, but tireless worker when interested.

A LARGE FLAT MOUTH denotes a generous, charitable and unselfish nature.

DREAMS—Continued

IRON—To dream of working with iron indicates that you will try out a new invention for the benefit of mankind.

ISLAND—Living on a small island, in a dream, signifies dissolution of a business partnership, or separation from home.

IVORY—To dream about ivory implies that you will be a long time making up your mind about your matrimonial future.

JACKETS—Dreaming about a jacket, new or old, implies that the dreamer will make many sacrifices for a relative or close friend.

JAM—To dream about canning or eating home-made jam signifies that you will attend a big home-coming affair.

JELLY—Dreaming about jelly is often a sign of wavering affections; or uncertainty in business transactions.

JEWELS—Wearing costly jewels, in a dream, indicates that you are apt to see a let-down in business and public relations.

JITTERS—When you have a case of jitters, after you awaken from a dream, it denotes that you take your dreaming too seriously.

JOBBER—To dream that you are a jobber in mercantile lines denotes that you will tackle a new proposition at the behest of a friend.

JOURNEY—To plan a long journey, in dreamland, and awaken before the journey starts, signifies breaking away from old friends and old habits; to the dreamer's advantage.

JUNGLE—It often denotes loss in speculation or games of chance when you dream of trying to force your way through a jungle.

JUNK—To dream about selling junk, or giving it away, signifies that you will go into debt for something you don't need.

KANGAROO—Dreaming that you see a kangaroo, in a zoo, indicates that you are likely to have extra burdens at home. To see kangaroos running wild, in a dream, signifies that you will go on an exciting trip away from home.

KEEPSAKE—Dreaming that you refused to give up a keepsake indicates that you will have to give up something of value later on.

KENNEL—Dreaming about a dog kennel indicates that you will be invited to a strange place, with possible evil results.

KETTLE—To dream of owning a nice new kettle symbolizes harmony and good food in your home, or on a camping trip.

KEY—You are apt to be disappointed in love, or money matters, when you dream of losing a key, but finding a key, in a dream, implies that you will be successful in affairs of the heart.

KEYHOLE—Hunting for a keyhole while you are sound asleep, indicates that you have done something which might need explaining.

KIDNAPPING—To dream of a relative being held by kidnappers signifies needless loss of sleep over the actions of a friend or relative.

KILLING—To dream of killing a man or an animal indicates that you will be disappointed in a proposed partnership.

KITE—Flying a kite, in dreamland, indicates that you are likely to do something childish after your dream is over.

KITTEN—Fondling a kitten, in a dream, implies that you will be offered a position as a nurse, in a private family. To dream of playing with a lot of kittens, indicates that you are likely to become a nurse in an institution.

KNITTING—Knitting while you are asleep indicates that you will have to tend to your knitting in public affairs when you are awake.

LACE—When lace is conspicuous, in a dream, it indicates that the dreamer will be mixed up in a case of mistaken identity.

LADDER—Climbing a ladder, in dreamland, usually indicates that certain fond hopes will be realized in organization work.

LAKE—Sitting by a beautiful lake, in dreamland, denotes that you will enjoy a life of luxury, for a while at least.

LAMBS—Dreaming of lambs is an indication that you will be happily employed among boys and girls in a school or institution.

LAMP POST—Holding up a lamp post, in dreamland, signifies that you are apt to hold up a card party while frequently asking "who's ante?"

LAUGHING—Laughing in dreamland denotes sorrow in your waking hours; sorrow which can be overcome by smiling while awake.

(Continued on page 23)

Blood Starves Without Iron

If there is not enough iron in your blood you may suffer from loss of appetite and feel debilitated, tired, nervous and weak. If neglected this may lead to frequent headaches, a generally run-down condition, skin blemishes and loss of energy and self-confidence. Iron is the real source of energy for the blood and body. And now it is easy to enrich your blood with iron through the creation of **Ferrano** by a licensed and registered chemist. **Ferrano** contains, in pleasant, tasteless form, a compound of iron, and other ingredients which start almost immediately to help build rich, red, health- and vigour-giving blood. **Ferrano** also stimulates your Liver and must make you feel more vigorous, stronger and healthier or it costs you nothing under the money-back agreement. Get **Ferrano** from your druggist today, and if it does not make you feel like a new person, and thoroughly satisfied, all you need to do is to return the empty package and get your money back.

* Your Future in the Stars *



SCORPIO: Oct. 24-Nov. 22

If you were born with the Sun in Scorpio, you are capable of making great attainments in whatever you may undertake. You are a possessor of great executive ability and feel that you are perfectly competent to lead and dictate. You have a temper that is fiery and violent and say things that you are sorry for when you cool down. You are sympathetic, hard-working, generous and friendly, and take a great deal of pride in helping those who are in need. You are a person who can keep a secret, but it seems that you are suspicious of those with whom you have dealings, unless you are well acquainted with them. In matters of love, you seldom change your affections once you feel that you have the right one, and will do all in your power to have peace and happiness. You should use care in selecting your life mate. You would be happiest with one born under the sign of Taurus, Cancer or Pisces. As you have good command of language and a splendid memory, you would make a good public speaker. If properly trained, you could succeed as a doctor, chemist, floral decorator or in a government position. You are apt to suffer most in life from nasal catarrh, adenoids, affections of the head and brain, fevers, kidney and bladder trouble. Your astral colours are scarlet or dark red. The gems are opals or topaz. Fortunate day Tuesday. Fortunate numbers 3-7.

Help Colitis

Beware Drastic Stomach Drugs

There are thousands of small, delicate muscles in the stomach and intestines, which may be endangered by drastic or irritating drugs. Be careful. If Colitis (functional irritation of the Colon or large intestine) due to acidity, causes you to suffer from dull aches or burning in the side or stomach, Gas, Heartburn, Bilioussness, Bad Breath, Coated Tongue, Nervousness, Sleepless Nights and Loss of Pep, don't waste a minute. Get **Kolade Powders**. Quick, triple action soothes and relaxes sore irritated bowel and stomach muscles, soothes mucous membranes and checks acidity. It must be completely satisfactory or cost nothing under the fair-play agreement of money-back on return of empty package if not satisfied. Don't suffer from delay. Ask your drug store for **Kolade Powders** today.

Getting Up Nights Nervousness and Kidney Strain

If you're feeling out o'sorts, Get Up Nights or suffer from Burning Passages, Backache, Nervousness, Rheumatic Pains, frequent Headaches and Colds, and feel old before your time, Kidney and Bladder troubles may be the cause.

Worry, colds, working too hard, or over-eating or drinking may create an excess of acids and overload your Kidneys so that they need help to clean out poisonous wastes that might otherwise undermine your health.

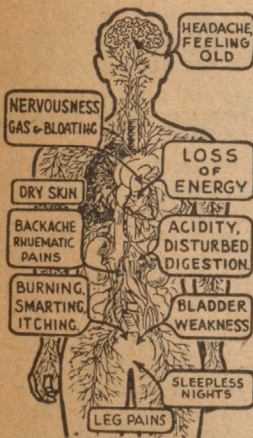
Help Kidneys Remove Acids

Nature provides the Kidneys to clean and purify your blood and to remove excess acids. The Kidneys contain about nine million tiny

tubes or filters through which the heart pumps blood about 200 times an hour, night and day, so it's easy to see that they may get tired and slow down when overloaded.

Fourteen years ago a scientific formula called **Cystex** was made available to the public through drug stores, making it easy and inexpensive to help thousands suffering from Kidney and

Bladder troubles in these three simple ways:
(1) Help the Kidneys remove excess acids



which may become poisoning and irritating.

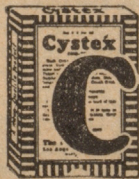
(2) To palliate burning and smarting of the urinary passages, and bladder irritation.
(3) Help the Kidneys clean out wastes which may become poisonous if allowed to accumulate, thus aiding nature in stimulating an increase of energy, which may easily make you feel years younger.

Money-Back Agreement

Usually, in Kidney and Bladder disorders the very first dose of **Cystex** goes right to work helping the Kidneys clean out excess acids, poisons and wastes.

And this cleansing, purifying kidney action, in just a day or so, may easily make you feel younger, stronger and better than in years. A printed agreement with each package of **Cystex** insures an immediate refund of all your money unless you are completely satisfied. You have everything to gain and nothing to lose, under this positive money back offer.

Get **Cystex** from your druggist today for only 35c. The money-back offer protects you.



(PRONOUNCED SISS-TEX)
Cystex
Helps Clean Kidneys



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

DREAMS—Continued

LEATHER—Buying or selling leather goods on a large scale, in dreamland, is an indication of success in a big industrial project.

LECTURE—Attending a widely advertised lecture, while dreaming, denotes that you will gain temporarily by settling down to daily routine.

LEGACY—Depending upon a legacy, in dreamland, implies that the dreamer is apt to overlook a chance for industrial success.

LEMONS—To dream about lemons implies that the dreamer is apt to lose prestige, by forgetting old friends in favour of new acquaintances.

LETTER—Sending a letter, in a dream, indicates that you will lend aid to someone who is in trouble. Receiving a letter, in dreamland, signifies that you will be on the receiving end of a charitable act.

LIGHTNING—To dream that you see brilliant lightning, without thunder, is a sign that you will advance in artistic or scientific work.

LIGHTS—Seeing a lot of bright lights, in dreamland, indicates a pleasure trip to a wedding or a celebration.

LILIES—Dreaming about lilies indicates social security and happiness, with prospects of a long and happy life among loved ones.

LION—Fortitude and fortune are indicated when you dream about lions, and especially if you are inclined to an outdoor life.

LYNCHED—To dream that you are being lynched for wrong-doing is a sign of needless worry over your health or daily conduct.

MACARONI—Dreaming about macaroni signifies that you will receive valuable advice and practical assistance from a faithful associate.

MAPS—Studying a map, or maps, in dreamland, indicates that you will soon go on a happy journey, different than one you had planned.

MARBLES—Watching a marble game, in a dream, indicates success in a village venture with the home-town folks.

MARKET—Being the boss or owner of a market, in a dream, indicates that you will not be the boss in your own home.

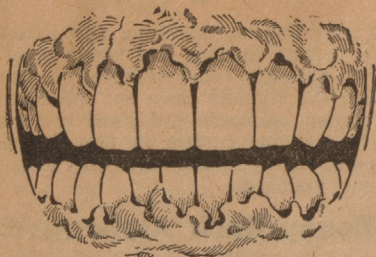
MEDALS—To dream of wearing medals for war-time service, or civic activity is a sign that you are apt to lose interest in current affairs.

MICE—Seeing mice in dreamland implies trouble with your associates on account of gossip or scandalous stories.

MILKING—To milk a cow, while dreaming, is a sign that you will find a job which will provide you with plenty of comfort.

(Continued on page 24)

Gums Bleed, Teeth Loose?



Bleeding gums, sore mouth, or loose teeth may mean that you are a victim of Pyorrhea or Gingivitis that can eventually cause you to lose many of your teeth and have to wear false teeth before your time. Since the great World War these mouth diseases have spread throughout the world so that now scientists say that four out of every five people are sufferers sooner or later. Be warned in time and treat these diseases before it is too late, because they often cause not only the loss of teeth, but also aches and pains and indigestion.

Let New Treatment Help Save Your Teeth

Amosan fights these troubles in a new and quick way. It penetrates right to the trouble, checks bleeding of gums, overcomes the soreness of your mouth and helps Nature tighten the teeth. The following letter from Mr. W. W. B. shows the results that **Amosan** users get: "I suffered from Pyorrhea for ten years. My gums were sore and bleeding and several teeth were getting looser all the time. I tried many things and then heard of this new treatment **Amosan**. Shortly after using **Amosan** my gums stopped bleeding. The soreness in my mouth was overcome and I found that my loose teeth were much tighter and that I could chew my food without pain."

Money-Back Agreement

Amosan works so promptly and effectively that it must overcome bleeding of gums, curb sore mouth and help Nature tighten your teeth, and give you complete satisfaction or your money back on return of empty package. Take this precaution against Pyorrhea and possible loss of teeth. You risk nothing. Get **Amosan** from your druggist today under the ironclad money-back agreement which protects

Amosan
For Pyorrhea—Gingivitis you.

* Your Future in the Stars *



SAGITTARIUS: Nov. 23 - Dec. 22

If you were born with the Sun in Sagittarius, you are very active in mind and body. You are a person of action, rather than words, and are apt to decide important matters without giving them due consideration. You are kind-hearted and sincere, yet a trifle blunt. Your greatest failing is that you are too versatile and that your energies are directed into many channels. Concentrate on fewer branches of work and pleasure, and you will greatly benefit by the change. You are quite sensitive and nervous, and at times are apt to be irritable. It seems that you are very independent and like to feel that you are not dependent upon anyone for anything. You are kind-hearted and sincere in your love affairs and for complete harmony you should marry one born under the sign of Gemini, Aries or Leo. In life you are apt to suffer the most from weakness of the lungs, liver, stomach troubles, rheumatism and troubles about the hips and thighs. Being possessed with a keen perceptive mind, you are suited to vocations where your intellect will be most appreciated. With proper study and training you would make an excellent accountant, lawyer, musician, artist, writer, designer or agent. Your astral colours are blue, violet or purple. Fortunate day Thursday. Fortunate numbers 1-6.

Asthma Choking Checked—Sleeps All Night

Mr. G. C. Beazley, Willow St., Truro, N.S., 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."

DREAMS—Continued

MILL—Seeing an old grist mill in operation in a dream, indicates that you are about to benefit from a deal which has been held in abeyance if you keep your eyes and ears open.

MINE—Discovering a valuable mine, in dreamland, implies that you are likely to unearth treachery in a supposed friend.

MONEY—To dream of losing or misplacing your money signifies that you will find new friends where you least expected. Finding money in a dream denotes loss of prestige or loss of pride in a purely personal ambition.

MONKEYS—To see a monkey or monkeys while dreaming, implies that you will be annoyed by wisecrackers whom you have previously respected.

MOURNING APPAREL—To wear mourning apparel, in a dream, augurs well for your daily life in all lines of endeavour.

MOVIES—To dream about the movies is a sign of action; and you are apt to be rewarded for unselfish public activities.

MUSHROOMS—When you dream about mushrooms it denotes that you are on your way to a successful career through perseverance.

(Continued on page 25)

DREAMS—Continued

NAGGING—Dreams about nagging usually indicate much ado about nothing in domestic life or in quasi-public undertakings.

NAILS—When you dream about rusty nails, it denotes an argument over building plans or a domestic dispute over trivialities.

NAKED—To dream of seeing aboriginals or similar people in a naked condition implies that you will engage in domestic work.

NAPKIN—Favourable news concerning relatives is implied when you dream about using a napkin at a formal dinner.

NECKLACE—Wearing a necklace, in dreamland, signifies a struggle for social recognition, with probable success eventually.

NEEDLES—Dreaming about needles denotes domestic disappointment or delusion in a divorce proceeding of doubtful character.

NEST—Dreaming of a live bird's nest denotes that you will be happy with those who are near and dear to you.

NIGHTINGALE—To hear a nightingale singing, in dreamland, indicates a streak of good luck in personal affairs.

NOVELS—Reading novels, in a dream, is often a warning against trying out a new venture or taking up with strangers.

NUGGETS—Dreaming about nuggets is often a sign of wealth; if the dreamer heads the axiom: "Don't spend all your money in one place."

NUISANCE—To dream that somebody, or some local condition is a nuisance indicates that the dreamer is unduly agitated.

NURSING—Working as a graduate nurse, while dreaming, is generally a sign of social security for the dreamer in daily life. To work as a practical nurse in a dream, denotes that domestic and financial affairs will work out fine in the long run.

OATS—Seeing a field of green oats, in a dream, signifies good luck for the dreamer in gardening as a side line.

OFFICE—Dreaming of trouble in your office or place of business implies that someone is working to your interest without telling you.

OLIVES—Gathering olives, in a dream, denotes wealth and serenity; but eating olives, in dreamland, signifies the need of caution in business.

OPERA—Attending a grand opera performance, in dreamland, signifies advancement in professional and educational lines.

ORANGES—Dreaming about oranges signifies good fortune in life; if the dreamer steers clear of high-powered promotion projects.

ORCHARD—To dream that you have come into possession of a fruit orchard indicates that you will handle a lot of money—for others.

ORCHESTRA—Most dreams, concerning music are signs of good-fortune; but hearing an orchestra in dreamland, often denotes uncertainty.

ORGAN—Hearing a melodious organ, in a dream, signifies contentment with present conditions; with a desire to help others.

ORPHANS—To dream about helping orphans is considered a good sign for all persons, married or single.

OSTRICH—Seeing an ostrich, or a herd of them, in dreamland, is often a warning against indolence and impudence.

OVERCOAT—Dreaming that you need a new overcoat signifies a journey affecting business matters or domestic affairs.

OWLS—Dreaming about owls usually signifies impending danger through egotism or disregard for the rights of others.

OYSTERS—Eating oysters, in a dream, indicates that you will acquire fame and riches after a long struggle against odds.

PACKAGE—Carrying a package or packages in dreamland, denotes that you might be called upon to help a needy friend or relative.

PALL BEARER—To dream of acting as a pall bearer is a sign that you should guard against trickery among your associates.

PANSIES—Seeing pansies, in dreamland, denotes a period of delight in daily activities, without important changes.

PEACHES—To dream of seeing ripe peaches on a tree indicates temporary illness and business worries; while picking them denotes early recovery from a temporary setback.

PEANUTS—Eating peanuts, while dreaming, is a sign that you should not offer to help strangers unless you are sure they will appreciate it.

Getting Up Nights Makes Many Feel Old Before Their Time

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your Kidneys are vital to your health and that these symptoms may be due to Kidney and Bladder troubles—in such cases **Cystex** usually gives prompt and joyous relief by helping the Kidneys clean out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying **Cystex**. A printed agreement wrapped around each package assures a refund of your money on return of empty package unless fully satisfied. Don't delay.

Cystex
Helps Clean Kidneys

Get **Cystex** (Siss-tex) from druggist today. Only 35c. Money-back agreement protects you.

PEARLS—Dreaming about pearls is a sign of riches, as a rule, but sometimes it signifies social disappointment.

PEARS—Seeing pears in a dream indicates unrest; but to dream of picking them is a sign of steadiness in business affairs.

PEAS—Dreaming about peas, in the garden or on the table, indicates forthcoming wealth; with social and domestic happiness.

PIANO—To hear a piano played by another person, while dreaming, denotes anxiety over a new venture not connected with music.

PICNIC—To dream of attending a picnic, sponsored by an organization, indicates that you will be active in a public campaign.

PIGEONS—To see a flock of pigeons in a dream, indicate receipt of good news concerning a relative or business associate.

PILLOWS—Dreaming about clean pillows is a sign that you will overcome most of your great obstacles; but soiled pillows denote self-imposed complications.

PIPE—Puffing at an old pipe, while dreaming, is a sign that many seemingly big problems will disappear like smoke in a breeze.

PLOW—Dreaming that you see a plow standing idle indicates a loss in ranching or farming activities; or in personal matters.

(Continued on page 26)

Help Liver Fight Biliousness

Your Liver needs help and needs it quick if you suffer from any of these symptoms: White of eyes turned yellowish, Biliousness, Coated Tongue, Constipation, Gas, Indigestion, Poor Appetite, Bad Breath, Headaches. Your Liver is the largest organ in your body and must purify and clean your blood of impurities, and must manufacture 3 pints of Bile every day or your food sours and won't digest, then your stomach swells and you feel grouchy, tired out, nervous and devalitized. But now, thanks to the formula of a licensed chemist called **Higaton** you can help put your Liver back to work and feel better in no time at all. **Higaton** is not an ordinary laxative or cathartic but is a tonic to the Liver and Intestines. This double action cleans impurities out of your system, helps your Liver purify your blood, and helps your digestion so you soon feel alive, full of energy and can enjoy life. Nearly all druggists now import **Higaton** and sell it under the agreement of satisfaction or money back. Start using **Higaton** today and don't neglect your Liver because Liver trouble often causes serious disorders. Remember, the money-back agreement protects you.

HIGATON

DREAMS—Continued

POSTMAN—Watching for the postman in a dream, indicates that you will receive a letter with contents different than expected.

PUMPKINS—To dream of an abundant crop of pumpkins in the field is a sign of plenty to eat and plenty to wear for a while.

PURSE—To dream of finding a purse containing valuables indicates the possible loss of a friend or loss of work. To lose or mislay your purse, signifies that you will locate an old friend or find a new job.

QUAIL—Dreaming about quail denotes the receipt of sorrowful news from someone who has been away for a long while.

QUEEN—To dream that you are a queen at a festival or celebration indicates that you will meet opposition in your social affairs.

QUESTIONS—To dream that you are answering questions concerning current events implies that you will be in the spotlight at a social affair.

QUOTATIONS—Following the market quotations, in dreamland, implies that you are likely to be "fleece" in a fairlyland of frenzied finance.

RABBITS—Dreaming of domestic rabbits is a sign of success in family affairs and especially in bringing up children.

RADIO—Installing a new radio in a dream, implies that you might become involved in a property dispute with a relative.

RAFFLE—To dream of buying raffle tickets is a sign that you might get into trouble on account of designing persons.

RAINBOWS—Rainbows in a dream signalize possible wrangles with associates or disappointment in plans for a journey.

RAKING—To dream of raking in your own garden implies that you will make money in a business venture near your home.

RANCH—To purchase or lease a ranch, in a dream, indicates that you will forge ahead in your work where you are.

RATS—Seeing rats, in a dream, indicates anxiety in love affairs, but to dream of killing them signifies freedom from anxiety.

RENTALS—To dream about rents and rentals indicates that someone is planning to help you to run further into debt.

REVOLVER—Dreaming about a revolver is often a sign that the dreamer should avoid too much familiarity with strangers.

RIBBONS—When ribbons attract your attention, in a dream, it denotes that you will wish for the return of something which you have wasted.

RICHES—To dream of being rich, is a sign that you are likely to be proud but poor for a long time to come.

RIFLE—To hear a rifle fired, in dreamland, indicates that you will hear of a friend or relative being cited for promotion.

ROSES—Dreaming about roses usually indicates a rosy future, with plenty of variety in the garden of love and adoration.

RUGS—When you dream about rugs you are likely to have a strenuous time trying to keep your dollars from "growing" into pennies.

If You Get Up Nights Help Your Kidneys

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your Kidneys are vital to your health and that these symptoms may be due to Kidney and Bladder troubles—in such cases **Cystex** usually gives prompt and joyous relief by helping the Kidneys clean out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying **Cystex**. A printed agreement wrapped around each package assures a refund of your money on return of empty package unless fully satisfied. Don't delay.

Cystex
Helps Clean Kidneys

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SABLE—Dreaming about sable furs implies that you should guard against indiscretion in social affairs of a public or semi-public nature.

SALADS—Trying out different salads in the land of dreams, is a sign that you might arise to great heights in a struggle against pessimism.

SCANDAL—To dream that you have been the victim of scandal denotes that you will be praised and respected.

SEAGULLS—When you dream about seagulls you are apt to miscalculate in a game of chance, unless you are wary.

SHAVING—To dream of shaving yourself implies that you will get the best of a fickle lover, or a tricky business partner.

SHOES—To dream of new shoes which hurt your feet is a sign that you will meet with reverses caused by yourself. If the new shoes fit comfortably in a dream, it implies that a long period of good fortune is awaiting you.

SINGING—Old Axiom: "To dream of singing is a forecast of weeping" but generally the weeping does not last very long.

SKELETON—To see a skeleton while sleeping, indicates that you will see or hear of a lot of unrest in your social circle.

SKY—Dreaming of a clear sky denotes success in love and business; but a cloudy sky signifies oncoming trouble.

(Continued on page 27)

Stop Your Cough Remove Thick Mucus

Any cough that lasts more than 3 days is a danger signal that your health may be undermined. If you cough almost constantly your bronchial tubes and delicate tissues are irritated and your chest gets sore, so stop that cough before it undermines your health. This is now made easy by **Bronko**, the formula of a licensed and registered chemist. **Bronko** not only stops your cough promptly, but contains tonic elements that work through your blood to soothe the raw, tender, inflamed membranes, and remove germ laden mucus so that you breathe freely. **Bronko** stops stubborn coughs and curbs bronchitis quickly or it will not cost you a single penny, under the money-back agreement. **Bronko** must satisfy you in every way or you merely return the empty bottle and get your money back. Get **Bronko** from your druggist today.

* Your Future in the Stars *

CAPRICORN: Dec. 23 to Jan. 20



If you were born with the Sun in Capricorn, you are generous and loyal, and a promise made by you is held as sacred. You are proud, independent, conservative, inclined to be aristocratic and desirous of high positions, and unless you are at the head of every undertaking you soon lose interest in it. While you are not quick to anger, when your rights are meddled with you can become very cruel. You are good at making friends and generally are a good friend to a friend once made, but you do not take readily to strangers, and are very reserved and uncommunicative ever holding them at a distance until quite sure of them. In matters of love you are generally very careful in taking a partner. As a consequence, you marry later than usual. But once you do make a choice, you become charming and devoted partner, especially when you marry one born under the sign of Cancer, Taurus or Virgo. In business you would do good in any of the following lines, broker, lawyer, real estate, judge, farmer or agricultural worker, singer, actor or actress. You are apt to suffer during life from rheumatism, affections of the stomach, melancholic fancies and trouble with the knees. Your astral colours are brown, black or dark grey. The gems are turquoise or garnet. Fortunate day Saturday. Fortunate numbers 6-9.

DREAMS—Continued

SNOW—When you dream that the landscape is mantled with beautiful snow, it signifies domestic happiness and business serenity.

SOLDIERS—To dream of mingling with peace-time soldiers at a public function is a sign of victory over a bothersome personal problem.

SPARROWS—Seeing sparrows in a dream, denotes success in money matters, but not in speculative financial deals.

SPIDERS—To see a spider approaching in a dream, indicates that somebody is coming to pay you a visit, or pay a debt.

SQUIRRELS—To dream that you see a squirrel, or squirrels, foraging a supply of food denotes that you should plan for the future.

STARS—When the stars shine brilliantly, in dreamland, it denotes that a proposed journey will be educational and profitable.

STATUE—Seeing a statue, in a dream, signifies that you will be associated with children as a parent or a guardian.

STEAM—To be scalded with steam, while dreaming, is often a warning against playing too loosely in affairs of the heart.

STENOGRAPHER—Dreaming about a stenographer of either sex, indicates that the dreamer should keep his or her mind upon what NOT to do.

STEPS—Having trouble in going up or down a set of steps, in a dream, denotes disappointment in a plan for personal gain.

STORK—Seeing a stork in dreamland, does not signify what most people might think; it generally denotes a broken promise.

STRANGLING—Strangling somebody, or being strangled, in a dream, implies that the dreamer will overcome a difficult problem through patience.

TAFFY—Making or eating taffy, in a dream, is a sign of possible misunderstandings with friends at a forthcoming party.

TELEGRAM—Receiving a telegram, in a dream, denotes that you will have an experience opposite to the wording of the message. Sending a telegram in dreamland, implies that you are unduly concerned about a personal matter.

THEATRE—Any kind of a dream in connection with a theatre denotes that secrets affecting the dreamer might be divulged.

THUNDER—Dreaming that you hear loud claps of thunder indicates that you will face difficulties at your work, or at play.

TIGER—Seeing a wild tiger, while dreaming, denotes betrayal by supposed friend or a business associate whom you have trusted.

TRIP—A short trip for business or pleasure, in dreamland, implies delay in routine affairs of a personal nature.

TUNNEL—When you dream about being in a tunnel it denotes that friends will help you out of a tangle, if you exercise patience.

UKULELE—Hearing or playing a ukulele while dreaming, is a sign of uncertainty in love affairs and commercial pursuits.

UMBRELLA—To dream of buying an umbrella implies success in life; borrowing one, in a dream, indicates mental suffering; to dream of losing one signifies loss of friends or money.

UNIFORM—To dream of wearing a uniform on parade signifies that you are apt to be susceptible to flattery upon many occasions.

VACATION—To plan a vacation, while dreaming, and awaken before plans are completed, indicates that you will turn down a dubious proposal from a casual acquaintance; and be glad that you did it.

VINEGAR—To dream about vinegar indicates wasted energy in a campaign for personal gain through public activity.

VIOLIN—To play a violin solo in public, while dreaming, is a sign of success in public relations, through personal efforts.

VULTURE—Seeing a vulture or vultures, in dreamland, is a sign that you are apt to see some lofty ideas take flight.

WAFERS—To dream of eating wafers at a party is a sign that you will have a chance to participate in a big civic convale.

WALKING—To dream of walking because you have no other means of transportation implies difficulty in making ends meet at home.

WASPS—To dream of being stung by a wasp signifies that a supposed friend is trying to cause you a lot of trouble.

(Continued on page 30)

Stomach Sufferer For 15 Years Eats Most Anything Now

Mr. Robert Young, 612 Mulvey Ave., Winnipeg, Man., Canada, recently stated: "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 most anything. I have a real stomach now."

No matter how long you have suffered or how discouraged you may be, we want you to try **Diotex** at our risk. Go to your druggist and get a package of **Diotex**. Put it to the test. If, within one week your stomach isn't feeling fit—unless you can eat practically what you like, merely return the empty package and the purchase price will be refunded in full.

* Your Future in the Stars *

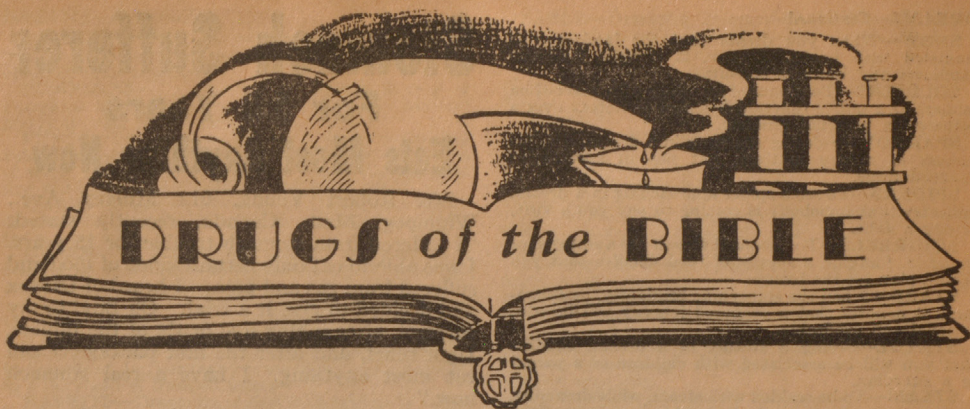


AQUARIUS: Jan. 21 to Feb. 19

If you were born with the Sun in Aquarius you should have a very strong character and great power of attainment. When you have once made up your mind, you are very determined and not easily swayed by others. You are quite versatile and as you have a good memory, you can turn to advantage all that you learn. You are original in your ideas and there are many possibilities during the year both for pleasure and profit. In disposition you are gentle and even tempered, affable and free, though somewhat quiet in manner and you are always anxious for the good opinion of others. In life you are apt to suffer most from blood affections, eczema, indigestion, stomach trouble and neuralgia. Harmony in marriage is based on love, and for the Aquarian subjects, love is as great as their Spiritual capacity. Therefore, a marriage with one born under the sign of Leo, Gemini or Libra should prove harmonious. Your mental quickness makes you very apt in any trade or profession. With the proper study and training, you would make a good teacher, writer, musician, designer, engineer. Your astral colors are blue, Nile green or salmon pink. Gems are the amethyst or sapphire. Fortunate day Wednesday. Fortunate numbers 3-4.

Farmer Curbs Asthma Attacks

Mr. A. R. Crull, Dawson Creek, B.C., recently wrote: "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. And, this year I am putting in my own crop, doing all my own work alone and I lay it all to **Mendaco**."



THROUGHOUT the Scriptures there are many references made to various plants; the greater number of these plants are used in medical practice of today. One of the most famous of all drugs of the Scriptures is that of Myrrh, which consists of a gum and a resin, representing an exudation from a plant. This drug was employed in the preparation of the holy anointing oil.

The Almond of commerce, of which there are two kinds, the bitter (poisonous) and the sweet, or edible form, is the same as the Almond of the Scriptures.

The Algum or Almug of the Scriptures constitutes the red sandalwood of commerce of today, which is used in Pharmacy as a colouring agent for a number of pharmaceutical preparations. Two kinds of Algum or Almug were used in Biblical times, one coming from Lebanon and the other from Ophir. Both of these woods were used in the building of the temple. The red sandalwood of commerce is the one originally from Ophir which was also used in Biblical times for the manufacture of musical instruments.

The Scriptural Anise is our common Dill, used in the manufacture of Dill Pickles. The Anise of commerce, like that of the Dill, is a fruit, but is obtained from a plant somewhat different in appearance from the Dill plant,

but is a member of the Carrot family of plants to which the Dill belongs.

Much controversy has existed regarding Manna mentioned in the Scriptures. Some authorities claim this Manna to be a lichen that was blown for a thousand miles or more by the wind. It may also have been an exudate from the tamarisk tree found growing in the desert countries. The Manna of commerce is not considered to be the Manna of the Scriptures for the European Ash from which commercial Manna is obtained is not indigenous to the country where the Manna came down from heaven.

Frankincense of the Scriptures does not refer to any one drug particularly but to a number of aromatic resins (frequently called

(Continued on page 29)

Help Kidneys If Back Aches

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your Kidneys are vital to your health and that these symptoms may be due to Kidney and Bladder troubles—in such cases **Cystex** usually gives prompt and joyous relief by helping the Kidneys clean out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying **Cystex**. A printed agreement wrapped around each package assures a refund of your money on return of empty package unless fully satisfied. Don't delay.

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* Your Future in the Stars *



PISCES: Feb. 20 to Mar. 21

If you were born with the Sun in Pisces, you have a very strong love nature and you sympathize with everyone. You have a kind disposition, are affectionate and easy going, and always ready to forgive an injury.

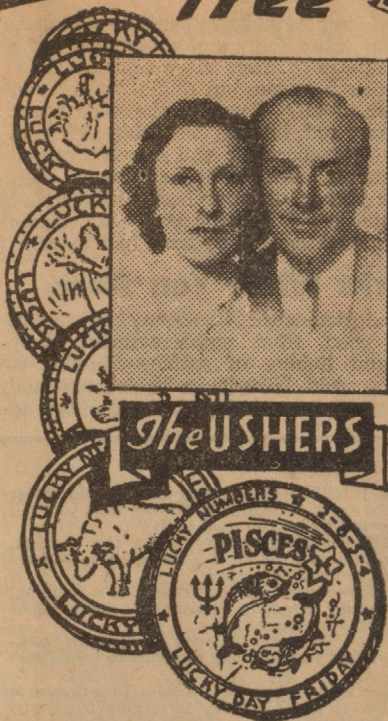
It seems that you are capable of lifting yourself by your own merit to a position of considerable celebrity and honour. You are very fond of the good things of life, but you never seem to allow your pleasures to hurt others. Your worry and anxiety seem to be your greatest faults. You are constantly expecting something to happen or go wrong. Try and overcome this anxiety as it is bad for you. Your temper at times causes you trouble as when you are angry, you will say and do things for which you are sorry afterward. You are best fitted for government employment and could also fit yourself for architectural building and construction work, engineering, draftsman, chemist, bookkeeper or cashier. The ills that you are apt to suffer from are biliousness, weakness of the digestive organs, pains in the head, back and feet. A marriage with one born under the sign of Cancer, Scorpio or Virgo should prove harmonious. Your astral colours are grey, white or pink. The gems are amethyst or bloodstone. Fortunate day Thursday. Fortunate numbers 1-2.

YOUR LUCKY BIRTHDAY TOKEN *Free*

ONE cannot laugh at the question of luck any longer. It is believed that the ancients used to perform miracles, with Tokens made of peculiar combinations of certain natural products, in respect of the physical body as also for success in business, war, love, etc., and for warding off evils. Even now it is within the experience of many that certain people possess Lucky Tokens that bring them luck and success often beyond expectation and in an inexplicable manner. It may seem foolish and childish and it may strike as an attempt to bribe Fate or as a return to the days of witches and sorcery, but hundreds now know from experience that a lucky token in which one has faith does help the wearer and bring him or her good fortune.

It is no more a secret that many of the world-famous, successful men and women—great figures in politics, commerce, professions, arts, etc.—possess "Lucky Tokens" to which they attribute their success and fame and which they would not part with for fortunes. If this fact is now widely known, it is because these big people do not let the general public know of their secret faith in their mascots.

These Lucky Tokens are made of a special prepared metal containing Tin and Copper. The Sun and Saturn are considered to be the two most powerful astrological influences for good and evil. Copper is the favourite metal of the Sun, the Fountain-Head of the Solar System, the bestower of Light, Warmth, Fame, Glory and Rise in Life. Tin is the metal favoured by Saturn, the Ruler of Darkness, Chill, Dampness, Delays, Toils, Hindrances and Set-Backs. So these two metals represent the two great astrological forces of contradictory natures. It is believed that the wearing of metals and minerals favoured by these astral forces bring to the wearer the success of which they are indicative and ward off the evils which are believed to be associated with them.



Your Favourable Days and Numbers are Inscribed on Each Token

These appropriate mementos, or keepsakes, can be used as watch charms or pocket pieces, for sentimental or other reasons. The symbols upon each Token represents the astral influence which have to do with the birth dates under each of the twelve signs of the Zodiac.

To secure this wonderful gift, send your date of birth, and 10 cents to cover clerical cost, handling and postage, and you will receive the above Token and Astrological Reading by return mail.

Address: THE USHERS - VENICE, CALIFORNIA, U.S.A.

DRUGS OF THE BIBLE—Continued

gums); one of these resins is the so-called Gum Olibanum of commerce of today.

Coriander likewise mentioned in the Scriptures is the Coriander of today, so widely employed in the manufacture of sausages.

Cummin and Citron of the Bible are the

same as the Cummin and Citron found in stores today.

The mention of Apple in the Scriptures is probably the Apricot. The Aleppo Pine is the plant referred to in the Scriptures when mention is made of the Ash. Cassia, one of the ingredients of holy anointing oil is the bark of Cassia Cinnamon.

Pimple Redness, Itching, Curbed While You Sleep

Do ugly Pimples make you suffer embarrassment? Do those red bumpy blotches make you feel inferior? Time after time do those ugly Pimples beat you out of the "date" you want most of all? Some of the very worst cases of fiery red, itching, blemishing Pimples are of surface character and are not caused by a systemic disorder or bad blood. But it's up to you to do your best to fight that redness and pasty look or you can't blame people for thinking you do have bad blood.

Works While You Sleep

A prescription called **Nixoderm** has brought welcome relief from embarrassment, fiery redness and itching of surface Pimples to thousands. And **Nixoderm** is so easy and inexpensive to use that you can't afford to

wait a single day. It costs only 60c at your drug store. Just put it on your Pimples at night and let it work while you sleep.

Satisfaction or No Pay

Nixoderm is so satisfactory for so many cases of pimples, and other skin irritations, such as Ringworm, Eczema-like Rash and Athlete's Foot, that it is sold under an agreement of money back unless completely satisfactory to you. A printed agreement wrapped around each package of **Nixoderm** insures an immediate refund of your money on return of empty package unless you are fully satisfied. Under this offer you have everything to gain and nothing to lose, so get **Nixoderm** from your druggist for only 60c and let it start working for you tonight.

DREAMS—Continued

WATER WHEEL—When you see an old water wheel revolving, in a dream, it denotes that you will enjoy a trip to "where you used to live".

WEATHER—Feeling gloomy about the weather, in a dream, indicates the need of mental preparedness to cope with the laws of nature.

WEDDING—An old axiom: "Dream of a wedding, hear of a death," generally denotes that the dreamer will be prepared for emergencies.

WEeping—To dream that you see someone weeping is a sign that you will help someone to help somebody else.

WHALE—Seeing a school of whales, in a dream, is an indication of possible delay in signing important papers or documents.

WHEAT—To dream about wheat is generally a good sign for working people; but not of much significance to speculators.

WHEELS—To dream about wheels revolving at high speed denotes that you might go too fast in a race for popular acclaim.

WHISTLE—Hearing a steam whistle, in dreamland, indicates that you will hear a lot of rumours which you should ignore.

WIGS—Dreaming about wigs is a sign that the dreamer will have to decide between love and duty in a business deal.

WILDERNESS—To be lost in a wilderness, in dreamland, signifies enlightenment upon an important personal matter which has been bothersome.

WINDMILL—Seeing a windmill in operation, in dreamland, indicates a long journey to settle an old controversy.

WIRE—Dreaming about smooth wire is a sign that something good will come from a proposition which looked dubious.

WOLVES—Being endangered by wolves, in dreamland, denotes uncertainty in a business proposition; and possible loss through fear.

WOOL—To dream about wool usually denotes favourable trade relations; along with increased comfort in the home.

WRENS—When you see wrens fighting, in dreamland, it implies that you will be fleeced by strangers if you are not on your guard.

WRIST WATCH—Dreaming about a wrist watch indicates that urgent business will call for a journey by airship or fast ocean liner.

WRITING—To dream of writing in longhand denotes that you might attend a drawn-out meeting of a civic nature; and wish that you had stayed home, or gone for a long walk.

X-RAY—Dreaming that you undergo an X-ray examination implies that you will go on a business or social trip with possible accident.

XYLOPHONE—Playing a xylophone, in dreamland, signifies that you will attend some kind of a fiesta or historical celebration.

YARN—Knitting with yarn, in dreamland, indicates that you will receive proper recognition for philanthropic work.

YAWNING—To yawn or see people yawning, in a dream, signifies that you are likely to waste your energy on a noble experiment.

YEAST—Dreaming about yeast is an indication that the dreamer need not worry about old-age security.

YESTERDAY—Becoming restless, in dreamland, about something that happened yesterday, implies that you are likely to waste a lot of energy today fretting about what might happen tomorrow.

YOKE—To dream of seeing a person in yoke indicates that a near relative is having difficulties.

YUCCA—To see yucca blooming in dreamland, signals a journey to a desert resort, or a prospecting trip to the mines.

ZEBRA—You may expect opposition in club and lodge affairs, or in business transactions, when you dream about a zebra.

ZENITH—To see the sun, moon or stars at their zenith, in a dream, signals an important turning point in your life.

ZEPHYRS—Enjoying an ocean breeze or an inland zephyr, in dreamland, indicates a trip to a place of educational interest.

ZERO-WEATHER—Dreaming about zero weather indicates that you will bask in the sunshine of popularity in social and fraternal circles.

ZINC—When you dream about zinc it indicates that you will survive many financial reverses, with ultimate independence.

ZIPPERS—Dreaming about zippers, here, there and everywhere, indicates the need of extra caution in current financial affairs.

ZONING—To wrestle with the zoning laws, in a dream, indicates that you will make some kind of a change to better your condition.

ZOO—To dream of seeing animals in a zoo, properly tamed, is a sign that you will succeed in a new business venture.

ZOOLOGY—To be especially interested in zoology, in dreamland, indicates a possible loss through new experiments or inventions.

ZWIEBACK—Eating zwieback, in a dream, indicates a reunion with old friends or a journey to the home of relatives far away.

Stop Your Cough Before It Ruins Your Health

*Any Cough That Lasts
More Than 3 Days Is
a Danger Signal!*



New medicine now stops coughing easily and quickly—removes mucus and soothes raw, tender, inflamed bronchial membranes.

Whenever you have a cough that lasts more than 3 days you should realize that your health may be undermined. If you allow your cough to continue without treatment the delicate membranes of your bronchial tubes are irritated and inflamed. Your chest gets sore, and you feel worse and worse.

Whenever you have a cough that hangs on day after day you need more than an ordinary cough syrup. You need something more than just temporary relief. You need a real tonic cough medicine that will not only stop the cough but will also work through the blood and help remove irritating factors.

New Medicine Soothes and Tones

Bronko, the formula of a registered and licensed chemist, stops the tickling and throat irritation of coughs almost instantly, but it does far more than this. Its soothing, cooling, refreshing ingredients coat the mucous membranes of your mouth and throat and

bring joyous relief from that stuffy, choked up feeling. Then the ingredients in **Bronko** are quickly absorbed into the blood and the tonic properties go to work soothing the raw, tender, inflamed bronchial mucous membrane. **Bronko** also quickly helps you loosen and get rid of germ laden mucus or phlegm so that you can breathe freely.

Bronko is almost entirely vegetable in character, and does not contain any narcotics or habit-forming drugs, and may be taken with absolute safety by children or adults. Its pure, pungent taste is pleasant and makes your mouth feel clean. **Bronko** is one of the most modern scientific cough medicines, and is now available at most good drug stores throughout the country. Although **Bronko** is scientifically compounded and developed, it costs only a few cents a bottle.

Make This Money-Back Test

Bronko is produced in one of the largest and most scientific laboratories in the world, and because it gives satisfaction in practically every case of stubborn coughs, it must satisfy you completely or you get your money back on return of the empty bottle. Get **Bronko** from your druggist today. Put it to the test and see how fast it stops your cough and begins to tone up your system. Take the entire bottle, and then if not completely satisfied, return the empty bottle and your money will be refunded in full. Don't cough another day. Get **Bronko** from your druggist now.

Bronko ★ ★

**Stops Coughing,
Relieves Throat
Irritation**

KNOX PRODUCTS are sold on this MONEY-BACK AGREEMENT

Dear Friend:

I know that all Knox products are good, for it is my personal concern to see that they are made of only the finest ingredients in modern scientific laboratories under the personal supervision of the Knox Company's Medical Director.

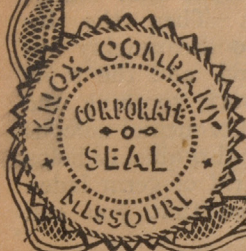
Because I know Knox products are good, and good for you, I make this offer: Try any Knox product today. If, after taking the treatment you are not completely satisfied in every way, return the empty carton and your money will be refunded in FULL.

You have nothing to lose under this fair play money-back agreement.

(Signed) W. W. Burgess,

President.

THE KNOX COMPANY.



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	3 day Size.....	35c	Nixoderm	10 day Size.....	60c
	8 day Size.....	75c		24 day Economy Size	\$1.25
	24 day Economy Size.....	\$1.50			
Diotex	8 day Size.....	60c	Kolade	10 day Treatment.....	\$1.50
	24 day Economy Size.....	\$1.25	Bronko	3 Ounce Bottle.....	40c
Chinaroid	15 day Treatment...	75c	Mendaco	8 day Size.....	\$1.25
Ferrano	50c		24 day Economy Size.	\$2.50
Higaton	9 day Size.....	35c	Amosan	75c

THE KNOX COMPANY

Fort Erie North - - Ontario

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

1651 North Argyle, Los Angeles, U.S.A.
Maritime Bldg., Wellington, New Zealand.

Asthma Mucus Loosened First Day This Easy Way

**Wheezing, Coughing,
Choking, Quickly
Curbed**

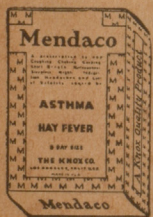
Do you wheeze, choke, strangle and gasp for breath—are you unable to sleep at nights, and find that your vitality is sapped, and your health being undermined by attacks of Asthma or Bronchitis?

If you are a victim of this devitalizing ailment there is new hope of health and happiness for you in the formula of a licensed, registered chemist called **Mendaco**, which has brought comfortable, free, easy breathing to thousands of sufferers throughout the world.

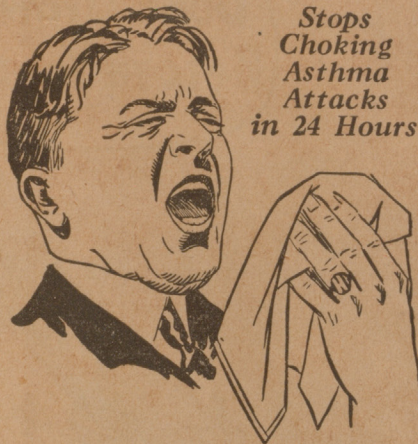
Loosen Strangling Mucus

Mendaco is scientifically prepared and compounded to act directly in thinning and liquefying the mucus which stops you up so that you can't breathe, and causes choking, gasping, wheezing. Then that thick strangling mucus is easy to raise and you get rid of it, so that you breathe freely. Second, **Mendaco** relaxes the irritated, congested and contracted muscles in your bronchial tubes. When these muscles are relaxed your bronchial tubes expand so that you can get pure, fresh, health stimulating air and oxygen into your lungs.

Easy to Take



Mendaco is not a liquid, smoke or injection. It is in scientifically compounded, highly compressed tablets which are tasteless and therefore pleasant and easy to take. All you do is take two of these small tablets at meal time, to get the quick, delightful results. **Mendaco** does not contain any narcotics or habit-forming drugs, yet enables you to enjoy sound, restful sleep because it loosens and helps remove



that thick strangling mucus, enabling you to breathe freely.

Thankful letters from Asthma sufferers tell of the joyous benefits brought by **Mendaco**. The following from Mr. F. H. McA., Lorne Valley, P.E.I., is typical: "When I first heard about **Mendaco** I was doubtful about its merits, for during these ten years I had suffered from Asthma. I tried 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 8-day supply and followed directions. The relief came quickly, and soon I was able to leave my bed for the first time in many days. 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."

Make This Money-Back Test

Mendaco has brought such happiness, relief, comfort, sounder sleep, and much greater energy to so many sufferers from Asthma that it is now offered under the positive written agreement that it must satisfy you completely or cost you nothing. So get **Mendaco** from your druggist today and put it to the test. See for yourself what it can do in your own case. If it does not stop your coughing, choking, gasping and wheezing to your complete satisfaction, all you need to do is return the empty package and the full purchase price will be refunded, immediately without question or argument. Get **Mendaco** from your druggist today. You have everything to gain and nothing to lose under the money-back agreement.

Mendaco for
**ASTHMA, BRONCHITIS,
HAY FEVER**

UNCAT
Almanacs...

Kidney Activity Vital to Health

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, 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 and wastes 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, Aching Joints, 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 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 favourite medicine in 73 different countries throughout the world.

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, 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 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. Only 35c - 75c - \$1.50.