

Rawleigh's

GOOD HEALTH GUIDE



*Cook Book
and
Almanac*

1926

HANGER



Often thoughtless persons say, "We don't need anything today." But for over a third of a century the experience of millions of thoughtful housewives has proved that it is good judgment and that it pays to always keep complete supplies of Rawleigh's Health Products in their homes ready for immediate and regular use, because such necessities are needed nearly every day in every home and they can always be relied upon to give complete satisfaction.

Rawleigh's
TRADE MARK REG. U.S. PAT. OFF.

GOOD HEALTH GUIDE

Cook Book

Almanac



IN presenting a new Good Health Guide with our greetings for 1926 we wish to express our sincere appreciation for the loyalty, generous public patronage and good will that has made the sale of Rawleigh Products the largest of any similar industry in America.

It is now 37 years since this business was begun with its founder's first sale to consumers. Governed by high ideals and always conducted upon sound economic principles, the business has continued to grow and expand each year.

We have consistently endeavored to make Rawleigh Products of superior merit, value and usefulness and our service the most complete and valuable obtainable. The large investments made the past year in lands, buildings, foreign plantations and new factories, branches and equipment will make Rawleigh Service more complete and valuable than ever. For 1926 we re-dedicate ourselves to that renewed and larger service necessary to continued progress.

Millions of families welcome Rawleigh's Good Health Guide each year. We have tried to make it worthy of a place in your home for the reliable and scientific information it contains. We trust you will read it thoughtfully and keep it for frequent reference.

Remember Good Health is better than great riches.

Published by

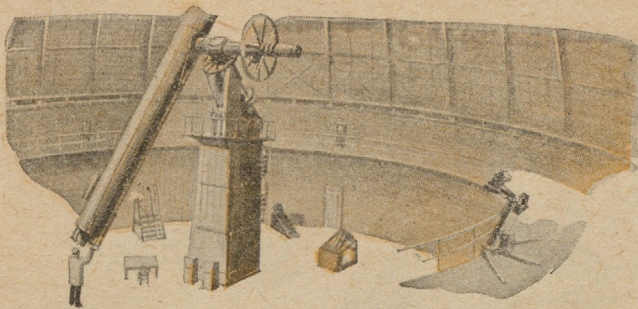
The W. T. Rawleigh Co., Ltd.

Montreal—Winnipeg

FREEPORT, MEMPHIS, CHESTER, OAKLAND,
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PRINTED IN CANADA.

ASTRONOMICAL CALCULATIONS



Jewish era begins at sunset on September 8th; the year 2679 since the foundation of Rome, according to Varro; the year 2586 of the Japanese era and to the 15th year of the period entitled Taisho; the year 1345 of the Mohammedan era, or the era of the Hegira, begins at sunset on July 11th, 1926.

The first day of January,

The year 1926 corresponds to: The year 6639 of the Julian Period; the year 5687 of the 1926, is the 2,424,517 day since the commencement of the Julian Period.

CHRONOLOGICAL CYCLES, 1926

Dominical Letter	C	Solar Cycle	3
Lunar Cycle or Golden No.	8	Roman Indiction	9
Epact	16	Julian Period	6639

MORNING AND EVENING STARS, 1926

The Planet Venus (♀) is Evening Star to February 7th, then Morning Star to November 21st and Evening Star balance of year.

The Planet Mars (♂) is Morning Star to November 4th and Evening Star to end of year.

The Planet Jupiter (♃) is Evening Star to January 25th, then Morning Star to August 15th, after which is Evening Star to end of year.

The Planet Saturn (♄) will be Morning Star to May 14th, then Evening Star to November 21st and Morning Star balance of year.

CHURCH DAYS FOR 1926

Epiphany	January 6	Easter Sunday	April 4
Septuagesima Sunday	January 31	Low Sunday	April 11
Sexagesima Sunday	February 7	Rogation Sunday	May 9
Quinquagesima Sunday	February 14	Ascension Day	May 13
Shrove Tuesday	February 16	Whit Sunday	May 23
Ash Wednesday	February 17	Trinity Sunday	May 30
Quadragesima Sunday	February 21	Corpus Christi	June 3
Palm Sunday	March 28	Advent Sunday	November 28
Good Friday	April 2	Christmas Day	December 25

EMBER DAYS FOR 1926

February 24, 26, 27. September 15, 17, 18. May 26, 28, 29. December 15, 17, 18.

SEASONS FOR 1926

☉ enters ♈ Spring begins	March	21d.	4h.	2m.	Morn.
☉ enters ♊ Summer begins	June	21d.	11h.	30m.	Eve.
☉ enters ♏ Autumn begins	Sept.	23d.	2h.	27m.	Eve.
☉ enters ♐ Winter begins	Dec.	22d.	9h.	34m.	Morn.

ECLIPSES FOR 1926

In the year 1926 there will be two eclipses, both of the Sun.

I: A Total Eclipse of the Sun, January 14th, invisible here. Visible to a part of

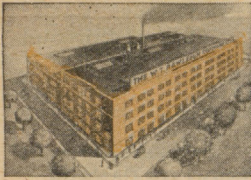
Africa, southern Asia, northern Australia and the Indian Ocean.

II: An Annular Eclipse of the Sun, July 9-10, invisible here.

RAWLEIGH SERVICE EAST AND WEST

R

Winnipeg and Montreal Factories



Winnipeg Factory

THE RE were only about eight million people in Canada in 1912 when Rawleigh's built their first little factory at Winnipeg, but there was a good

demand for Rawleigh Products and Service throughout all the sparsely settled Western Provinces. Rawleigh Retailers were soon covering all districts from Manitoba to Vancouver Island and way north as far as civilization extended into the Peace River Country of the great Northwest.

Each year as the value, usefulness and reliability of Rawleigh's Good Health Products became better known to Canadian Consumers, Sales became larger, requiring larger factories and more machinery and equipment, until Rawleigh's Winnipeg Factories were employing more people and making much larger Sales than any similar industry in Canada.

After thoroughly introducing its Products in the West the Company opened its first Eastern Branch House at Toronto in 1915 which was later transferred to London, Ontario. In 1919 it established another Branch at Montreal, to give better Service to its French Customers and Consumers in Quebec, New Brunswick, Nova Scotia and Prince Edward Island.

This completed an ocean to ocean service throughout the Dominion and from Prince Edward Island in the Atlantic to Vancouver Island in the Pacific, Consumers have been given frequent, regular and dependable Rawleigh Service and the highest quality, the most useful Products, largest values and the best satisfaction.

In 1925 the Company began building an immense new factory at Montreal. This modern, fire-proof building of steel, concrete, brick and glass is 165 feet by 60 feet inside, with six floors, giving a floor space of over 60,000 square feet. Behind are the private tracks and platforms for loading and unloading freight cars for it is adjacent to the main tracks of the Canadian Pacific Railroad.

The new Montreal Factory is one of the finest and most imposing of all Rawleigh Factories. It was built to reduce the expense of transporting raw materials from the East and finished Products from the West.

It carries large stocks of raw materials and finished Products, and includes the latest equipment in office, factory and warehouse construction and arrangement, light airy departments and labor saving facilities



Rawleigh's New Montreal Factory

for making all Rawleigh Products, including complete printing department, private side track and platforms for loading and unloading freight.

Here as in its other Factories, Rawleigh's is manufacturing its large line of Products complete from raw materials, many of which are imported from its plantations and foreign branches direct to Montreal, Canada's greatest port of entry. The latest and most scientific manufacturing methods and processes in everything are installed to make Products according to the highest standards.

This immense new Eastern factory places Rawleigh's in stronger position to give better and more complete Service and to supply the demand for Rawleigh Products from satisfied Consumers, a demand that is constantly compelling even larger growth and requiring improved facilities for larger and better Service.

JANUARY

FEBRUARY



Birthstone—Garnet
Flower—Snowdrop

Capricornus ♄, The Goat, Dec. 22 to Jan. 20. If born under this sign you are active, vigorous, aggressive, saving, shrewd, versatile, prudent and slow to anger.



Birthstone—Amethyst
Flower—Primrose

Aquarius ♒, Water Bearer, Jan. 20 to Feb. 19. Aptitude for fine arts, diligent, patient, studious, great travellers.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA								
				Ontario, Etc.			Man., Alta., Etc.					
				Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.	H. M.	H. M.	H. M.
1	Fri.	☉	♏	7 34	4 35	6 50	7 59	4 11	6 16			
2	Sat.	☉	♏	7 34	4 36	7 48	7 59	4 12	7 16			
3	S.	☉	♏	7 34	4 37	8 46	7 59	4 13	8 20			
4	M.	☉	♏	7 34	4 38	9 46	7 58	4 14	9 28			
5	Tu.	☉	♏	7 34	4 39	10 49	7 58	4 15	10 40			
6	W.	☉	♏	7 33	4 40	11 53	7 58	4 16	11 53			
7	Th.	☉	♏	7 33	4 41	morn	7 57	4 17	morn			
8	Fri.	☉	♏	7 33	4 42	0 55	7 57	4 19	0 59			
9	Sat.	☉	♏	7 33	4 43	2 04	7 56	4 20	2 15			
10	S.	☉	♏	7 32	4 44	3 17	7 56	4 21	3 37			
11	M.	☉	♏	7 32	4 45	4 31	7 55	4 23	5 00			
12	Tu.	☉	♏	7 31	4 46	5 46	7 55	4 24	6 20			
13	W.	☉	♏	7 31	4 47	6 58	7 54	4 25	7 35			
14	Th.	☉	♏	7 30	4 48	sets	7 53	4 26	sets			
15	Fri.	☉	♏	7 30	4 49	6 27	7 53	4 28	5 48			
16	Sat.	☉	♏	7 29	4 50	7 43	7 52	4 29	7 10			
17	S.	☉	♏	7 28	4 52	8 59	7 51	4 30	8 38			
18	M.	☉	♏	7 27	4 53	10 16	7 50	4 32	10 06			
19	Tu.	☉	♏	7 26	4 55	11 26	7 49	4 33	11 26			
20	W.	☉	♏	7 25	4 57	morn	7 48	4 35	morn			
21	Th.	☉	♏	7 24	4 58	0 35	7 47	4 37	0 43			
22	Fri.	☉	♏	7 23	4 59	1 34	7 46	4 39	1 47			
23	Sat.	☉	♏	7 22	5 00	2 42	7 45	4 40	3 04			
24	S.	☉	♏	7 21	5 02	3 49	7 44	4 42	4 19			
25	M.	☉	♏	7 20	5 03	4 52	7 42	4 44	5 27			
26	Tu.	☉	♏	7 19	5 05	5 51	7 41	4 45	6 29			
27	W.	☉	♏	7 18	5 06	6 44	7 40	4 47	7 24			
28	Th.	☉	♏	7 17	5 07	rises	7 39	4 48	rises			
29	Fri.	☉	♏	7 17	5 08	5 40	7 38	4 50	5 06			
30	Sat.	☉	♏	7 16	5 09	6 38	7 37	4 52	6 11			
31	S.	☉	♏	7 15	5 10	7 38	7 36	4 54	7 20			

☉ First Quarter ☽ Full Moon ☾ Last Quarter ☿ New Moon

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA								
				Ontario, Etc.			Man., Alta., Etc.					
				Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.	H. M.	H. M.	H. M.
1	M.	☉	♏	7 15	5 12	8 40	7 34	4 55	8 28			
2	Tu.	☉	♏	7 14	5 13	9 43	7 32	4 57	9 40			
3	W.	☉	♏	7 13	5 15	10 43	7 30	4 59	10 45			
4	Th.	☉	♏	7 12	5 16	11 49	7 28	5 00	11 59			
5	Fri.	☉	♏	7 11	5 18	morn	7 27	5 02	morn			
6	Sat.	☉	♏	7 10	5 19	0 58	7 26	5 04	1 16			
7	S.	☉	♏	7 09	5 20	2 08	7 24	5 06	2 38			
8	M.	☉	♏	7 07	5 22	3 21	7 22	5 08	3 54			
9	Tu.	☉	♏	7 06	5 23	4 33	7 20	5 09	5 08			
10	W.	☉	♏	7 05	5 24	5 41	7 19	5 11	6 18			
11	Th.	☉	♏	7 04	5 26	6 42	7 18	5 13	7 17			
12	Fri.	☉	♏	7 03	5 27	sets	7 16	5 15	sets			
13	Sat.	☉	♏	7 01	5 29	6 31	7 14	5 16	6 04			
14	S.	☉	♏	6 59	5 30	7 49	7 12	5 17	7 33			
15	M.	☉	♏	6 58	5 31	9 07	7 10	5 19	9 04			
16	Tu.	☉	♏	6 57	5 32	10 17	7 08	5 21	10 21			
17	W.	☉	♏	6 55	5 34	11 31	7 06	5 23	11 43			
18	Th.	☉	♏	6 54	5 35	morn	7 04	5 24	morn			
19	Fri.	☉	♏	6 52	5 36	0 41	7 03	5 26	1 04			
20	Sat.	☉	♏	6 50	5 37	1 40	7 01	5 28	2 06			
21	S.	☉	♏	6 49	5 39	2 45	7 00	5 30	3 18			
22	M.	☉	♏	6 48	5 41	3 45	6 58	5 31	4 24			
23	Tu.	☉	♏	6 47	5 43	4 41	6 56	5 33	5 19			
24	W.	☉	♏	6 45	5 45	5 30	6 54	5 35	6 10			
25	Th.	☉	♏	6 43	5 46	6 11	6 52	5 36	6 51			
26	Fri.	☉	♏	6 41	5 48	6 48	6 50	5 38	7 24			
27	Sat.	☉	♏	6 39	5 50	rises	6 48	5 40	rises			
28	S.	☉	♏	6 37	5 51	6 32	6 46	5 42	6 17			

☉ First Quarter ☽ Full Moon ☾ Last Quarter ☿ New Moon

WEATHER FORECAST FOR JANUARY

1st to 4th—Heavy snows in British Columbia in Rocky Mountain section and other provinces of the northwest. Strong gales over the Lakes.

5th to 8th—Low temperature in Alberta and Saskatchewan and in upper Lake region. Stormy and cold in all central provinces. Unsettled in Quebec.

9th to 12th—Cold nights and mornings at most points. Chinook winds in British Columbia and Alberta. Pleasant days in Manitoba, Ontario and Quebec. Fair and frosty weather in New Brunswick.

13th to 16th—Much wind and bluster in all provinces of the northwest and over the Lake region. Dangerous gales along all maritime waters.

17th to 21st—Unsettled to variable at most points east and west. Cloudy, drizzly and damp in British Columbia. Damp and foggy weather over western provinces and the Great Lakes. Fair to mild conditions in Ontario and other eastern provinces.

22nd to 26th—Sleet and snow general from the Rocky Mountains eastward to Manitoba and the Great Lakes. Unsettled and cloudy in East.

27th to 31st—Very windy and blustery on Pacific slope. Wind and snow storms in Prairie provinces. Cold weather general over East.

WEATHER FORECAST FOR FEBRUARY

1st to 3rd—Much snow and bluster over Rocky Mountain region and adjoining western provinces. Stormy winds over the Great Lakes and provinces bordering on Atlantic coast.

4th to 8th—Very cold weather at all points. Coldest weather during the winter in all provinces east and west. Heavy snows with highways blocked and traffic suspended. All streams and maritime waters ice-locked.

9th to 13th—Blustery and stormy in British Columbia, Alberta and Saskatchewan. Soft, mild conditions from Ontario and the Lakes eastward to New Brunswick and Nova Scotia.

14th to 18th—Generally unsettled and stormy over states of the Pacific slope, the Rocky Mountain region and the northwest. Dangerous gales on the Great Lakes and along the St. Lawrence valley.

19th to 23rd—Sleet and snow in all northwest sections. Rain and snow in lower St. Lawrence Basin and provinces bordering the Atlantic Ocean.

24th to 28th—Clear nights and pleasant days over western half of the country. Variable to windy from Manitoba eastward to New Brunswick, Nova Scotia and Newfoundland.

GOING FORWARD EVERY YEAR

R

THE story of the growth, wide extent and character of the Rawleigh Organization as its factories and branches have been built, new Products developed, and service enlarged, is familiar to millions of Consumers. It is a story of service, of devotion to sound methods of buying, manufacturing and distributing.

It may be of interest to consider the broad fundamental and sound economic principles, and direct methods upon which the Rawleigh business was founded over a third of a century ago and which it has adhered to. Briefly they are as follows:

- (1) To be independent, competitive, progressive and conduct its business in harmony with sound public policy,
- (2) To buy raw materials from producers and first hand sellers.
- (3) To make the most useful and reliable Products complete from raw materials in its own factories and give the best values and service.
- (4) To sell its Products to Retailers to be delivered direct to Consumers.
- (5) To earn its capital before spending, to discount its bills and keep out of debt.

On these policies and methods this business has been built and is still growing every year.

If all Rawleigh Factories and Branches and homes of employees could be grouped together, they would make a good sized city and include many trades, professions, and nationalities speaking many languages.

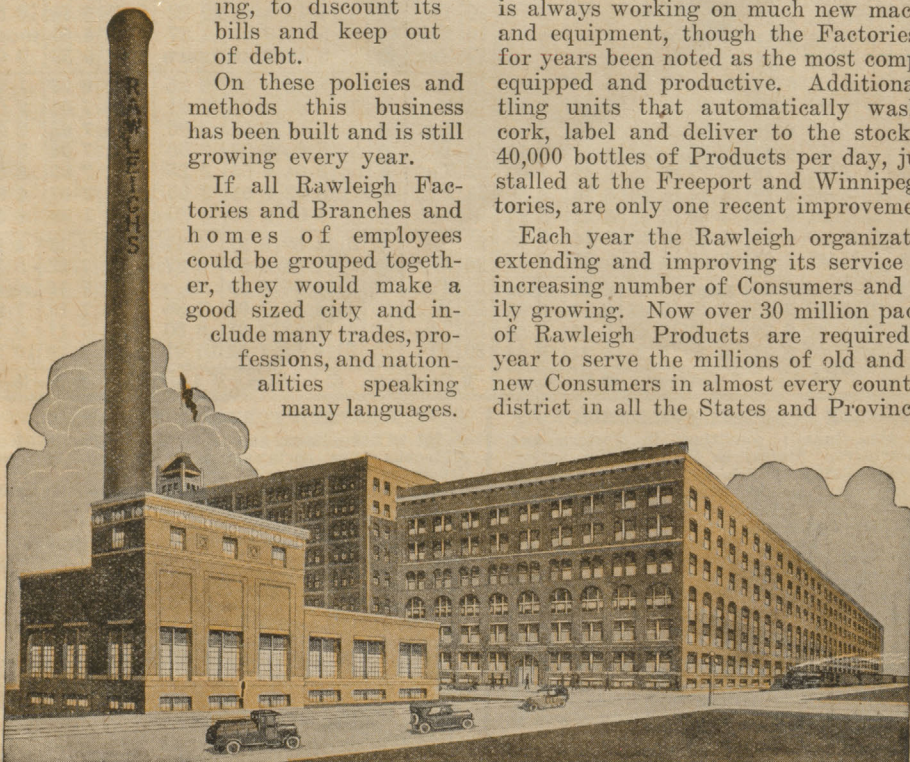
Even with all the recent additions and improvements, the Company is now busy with its largest, most comprehensive and constructive program of building extension and improvement.

This year's building program includes a complete glass bottle factory at Freeport, a large modern factory at Montreal, and a Western distributing Branch at Denver.

Abroad, building a new warehouse and wharf on Pemba Island, opening offices and warehouses in Zanzibar, new headquarters in Tamatave, Madagascar, and new Branches at St. Mary's Island, in the Reunion Islands, and at Gutierrez, Zamora, Mexico and the purchase of plantations and building of warehouses, dwellings, docks and roads on Grand Comore Island are interesting and important activities in foreign expansion that go far to emphasize the leadership of the Rawleigh organization in the completeness and thoroughness of its Service from Producers to Consumers.

To improve manufacturing processes, lower costs and increase output, Rawleigh's is always working on much new machinery and equipment, though the Factories have for years been noted as the most completely equipped and productive. Additional bottling units that automatically wash, fill, cork, label and deliver to the stock room 40,000 bottles of Products per day, just installed at the Freeport and Winnipeg Factories, are only one recent improvement.

Each year the Rawleigh organization is extending and improving its service to an increasing number of Consumers and steadily growing. Now over 30 million packages of Rawleigh Products are required each year to serve the millions of old and many new Consumers in almost every county and district in all the States and Provinces.



New Modern Power Plant and Two Buildings of Freeport Factories

MARCH

APRIL



Birthstone—Bloodstone
Flower—Violet

Birthstone—Diamond
Flower—Daisy

Pisces ♋, Fishes, Feb. 19 to Mar. 21. Naturally talented, restless, honest, poetical, high-principled, strong willed, prudent, industrious.

Aries ♈, Ram, Mar. 21 to Apr. 20. Aries persons are superior minded, and generous, of firm will, religious, and often artistic, gifted in business.



DOMINION OF CANADA										DOMINION OF CANADA															
Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	Ontario, Etc.						Man., Alta., Etc.				Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	Ontario, Etc.			Man., Alta., Etc.				
				Sun Rises		Sun Sets		Moon R. & S.		Sun Rises		Sun Sets						Moon R. & S.		Sun Rises		Sun Sets		Moon R. & S.	
				H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.					H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	
1	M.	☾	♊	6 35	5 52	7 35	6 44	5 44	7 29	1	Th.	☾	♊	5 39	6 28	9 49	5 36	6 33	10 10						
2	Tu.	☾	♊	6 33	5 53	8 37	6 42	5 45	8 38	2	Fri.	☾	♊	5 37	6 29	10 59	5 34	6 35	11 28						
3	W.	☾	♊	6 31	5 54	9 40	6 39	5 47	9 49	3	Sat.	☾	♊	5 35	6 30	morn	5 32	6 36	morn						
4	Th.	☾	♊	6 29	5 55	10 48	6 37	5 49	11 03	4	S.	☾	♊	5 34	6 32	0 08	5 30	6 38	0 43						
5	Fri.	☾	♊	6 27	5 56	11 56	6 35	5 50	morn	5	M.	☾	♊	5 32	6 33	1 15	5 28	6 39	1 53						
6	Sat.	☾	♊	6 25	5 57	morn	6 33	5 52	0 20	6	Tu.	☾	♊	5 30	6 34	2 17	5 25	6 40	2 56						
7	S.	☾	♊	6 24	5 59	1 07	6 30	5 53	1 36	7	W.	☾	♊	5 28	6 35	3 10	5 23	6 42	3 48						
8	M.	☾	♊	6 22	6 00	2 16	6 28	5 55	2 52	8	Th.	☾	♊	5 27	6 37	3 55	5 21	6 43	4 28						
9	Tu.	☾	♊	6 20	6 01	3 23	6 26	5 56	4 01	9	Fri.	☾	♊	5 25	6 38	4 33	5 19	6 45	5 00						
10	W.	☾	♊	6 18	6 02	4 25	6 24	5 58	5 03	10	Sat.	☾	♊	5 23	6 39	5 05	5 17	6 47	5 22						
11	Th.	☾	♊	6 16	6 03	5 17	6 22	5 59	5 53	11	S.	☾	♊	5 22	6 40	5 35	5 14	6 48	5 42						
12	Fri.	☾	♊	6 14	6 04	6 01	6 20	6 01	6 30	12	M.	☾	♊	5 20	6 41	sets	5 12	6 49	sets						
13	Sat.	☾	♊	6 12	6 06	6 37	6 18	6 02	6 59	13	Tu.	☾	♊	5 18	6 42	7 58	5 10	6 51	8 18						
14	S.	☾	♊	6 11	6 07	sets	6 16	6 04	sets	14	W.	☾	♊	5 16	6 44	9 10	5 07	6 53	9 35						
15	M.	☾	♊	6 09	6 09	7 52	6 14	6 05	7 51	15	Th.	☾	♊	5 15	6 45	10 22	5 05	6 55	10 53						
16	Tu.	☾	♊	6 08	6 10	9 07	6 12	6 07	9 15	16	Fri.	☾	♊	5 13	6 47	11 27	5 04	6 56	morn						
17	W.	☾	♊	6 06	6 11	10 22	6 09	6 09	10 41	17	Sat.	☾	♊	5 11	6 48	morn	5 02	6 58	0 05						
18	Th.	☾	♊	6 04	6 12	11 33	6 07	6 11	11 59	18	S.	☾	♊	5 10	6 49	0 28	5 00	6 59	1 07						
19	Fri.	☾	♊	6 02	6 14	morn	6 05	6 13	morn	19	M.	☾	♊	5 09	6 50	1 21	4 58	7 01	2 01						
20	Sat.	☾	♊	6 00	6 15	0 39	6 03	6 14	1 12	20	Tu.	☾	♊	5 07	6 51	2 06	4 56	7 03	2 51						
21	S.	☾	♊	5 59	6 16	1 36	5 59	6 16	2 13	21	W.	☾	♊	5 05	6 52	2 50	4 54	7 04	3 28						
22	M.	☾	♊	5 57	6 17	2 35	5 57	6 17	3 15	22	Th.	☾	♊	5 04	6 53	3 25	4 52	7 05	3 59						
23	Tu.	☾	♊	5 55	6 18	3 27	5 55	6 19	4 09	23	Fri.	☾	♊	5 02	6 55	3 55	4 50	7 07	4 24						
24	W.	☾	♊	5 53	6 19	4 11	5 53	6 20	4 50	24	Sat.	☾	♊	5 01	6 56	4 20	4 48	7 09	4 43						
25	Th.	☾	♊	5 51	6 20	4 49	5 51	6 22	5 27	25	S.	☾	♊	4 59	6 57	4 44	4 46	7 10	4 58						
26	Fri.	☾	♊	5 49	6 22	5 22	5 49	6 24	5 55	26	M.	☾	♊	4 58	6 58	5 07	4 44	7 12	5 12						
27	Sat.	☾	♊	5 47	6 23	5 52	5 47	6 25	6 18	27	Tu.	☾	♊	4 56	6 59	rises	4 42	7 14	rises						
28	S.	☾	♊	5 45	6 24	rises	5 45	6 26	rises	28	W.	☾	♊	4 55	7 00	7 38	4 40	7 16	7 58						
29	M.	☾	♊	5 43	6 25	6 31	5 43	6 28	6 33	29	Th.	☾	♊	4 53	7 01	8 50	4 38	7 17	9 17						
30	Tu.	☾	♊	5 42	6 26	7 32	5 40	6 30	7 36	30	Fri.	☾	♊	4 52	7 02	10 01	4 37	7 19	10 34						
31	W.	☾	♊	5 40	6 27	8 39	5 38	6 31	8 54																

☾ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

☾ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

WEATHER FORECAST FOR MARCH

1st to 4th—Squally conditions in western and central provinces. Stormy in St. Lawrence valley.
5th to 8th—Chinook winds and balmy weather in British Columbia. Bright, sunny days in Alberta and Saskatchewan. Slush and flood in East.
9th to 12th—Foggy and drizzly on Pacific slope. Snow squalls over Rocky Mountain region and provinces of the northwest. Unsettled over East.
13th to 17th—Much wind and bluster over north Pacific slope, the Rocky Mountain region. Snow storms and drift areas over Alberta, Saskatchewan, and Manitoba. Stormy in East.
18th to 22nd—Soft, slushy weather over all northwestern provinces. Dense fog on the Lakes and along all north Atlantic waters.
23rd to 27th—Keen, cutting cold winds driving across all northwest provinces. Zero temperatures at west and central points.
28th to 31st—Very windy period in British Columbia and over the Rocky Mountain highlands. Unsettled and stormy in the St. Lawrence valley.

WEATHER FORECAST FOR APRIL

1st to 3rd—Damp and foggy on the Pacific slope. Chinooks over northwestern provinces. Fair and frosty in East.
4th to 7th—Very blustery with strong gales sweeping over northwestern provinces. Variable to windy weather at all points east of lakes.
8th to 11th—Low temperature for April at all points east and west. Frosty nights and mornings.
12th to 15th—Wind and rain over British Columbia. Snow storms in Rocky Mountain highland and the northwest. Damp and drizzly in East.
16th to 19th—Very blustery and stormy on the Pacific slope. Strong gales in the East.
20th to 23rd—Mild period for all western and central provinces.
24th to 26th—Unsettled and stormy weather generally prevalent in northwest districts. Sleet and rain in Manitoba, Ontario and Quebec.
27th to 30th—Cooler weather over Rocky Mountain highland, the northwestern provinces and over the Lake region. Damp and foggy conditions over New Brunswick, Nova Scotia and Newfoundland.

A STORY ABOUT BOTTLES

R

By Carloads and Trainloads

When Rawleigh's first began manufacturing over a third of a century ago a carload of bottles lasted for months, but the business kept growing each year until in 1914 the Company's orders had become so large that an entire trainload of bottles was received in one shipment from the Whitney Glass Works of Glassboro, New Jersey.

But even a trainload of bottles doesn't last long. In the Summer of 1925 the Company ordered nearly six million bottles—seventy-five carloads, which would be equivalent to about two trainloads at one time. Placed end to end they would make a solid line or train of cars over half a mile long. This was probably the largest order for bottles ever given at one time by any manufacturer of Proprietary Products.

The Policy of Making Everything

Making all of its Products complete from the raw materials has long been a Rawleigh policy. For years it has had its own Printing Department, has made Sample Cases and Outfits used in selling Products, has its own machine, electrical and wood working shops, its drug and spice mills. It was first to have its own analytical chemical laboratories, and makes its own fluid extracts and tinctures, tablets, pills, soaps, and other things usually made only by large specialists. It built a great power plant to generate its own light, power and heat. It has its own Branches and employees in many countries to secure raw materials. It does its own importing and has its own distributing Branches.

Rawleigh's New Bottle Factory

In 1926 the Company will begin making its own bottles. This will be a large and important manufacturing industry in itself. This new factory is being constructed by the same engineers that built the great Ford Glass Factories.

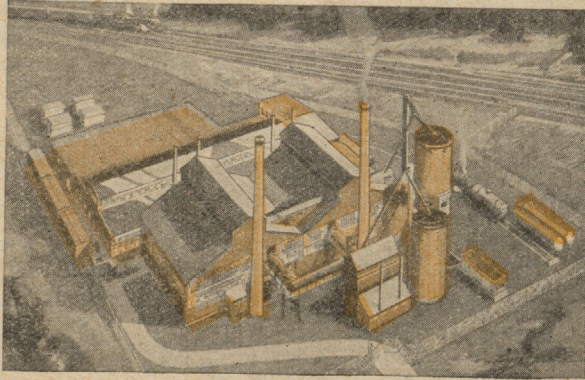
The buildings will be of steel, iron and glass with concrete floors. There will be 40,000 square feet, or one acre of floor space. Among the buildings will be the furnace, the bottle forming department, the batch handling plant for raw materials such as silica sand, soda ash, lime, etc., the gas producing building, oil storage tanks, coal storage facilities, the annealing and packing departments, the box factory, bottle storage warehouse and the mould manufacturing and machine department.

The plant will employ from 75 to 100 people, and will require 200 horse power in electrical energy to operate its equipment, which will be supplied from the present power plant. It will consume 20 tons of coal per day and use 24 tons of raw materials.

The plant will operate 24 hours per day as it is necessary to maintain uniform heat in the glass furnace which will carry 150 tons of molten glass

at a temperature of 2650 degrees Fahrenheit. The furnace is equipped to burn either gas or oil. The molten glass will pass from the furnace to the automatic bottle blowing machine which will deliver 60 bottles per minute to the annealing ovens. After several hours passage through the ovens on conveyors and subject to a heat gradually reduced from 1100 degrees to normal temperature the bottles are delivered, inspected and packed ready to be filled with Products at the various Factories.

This entire factory will be as modern as it is possible to make a plant of this kind and an industry of special interest. It will save the freight charges on hundreds of carloads of bottles each year and be another step in reducing the cost of production. It is decided progress in advance and something no similar industry has ever attempted, and practical only in great volume.



Birds Eye View of Rawleigh's New Bottle Factory
(From Architect's Drawing)

MAY

JUNE



Birthstone—Emerald
Flower—Hawthorne

Taurus 8, Bull, Apr. 20 to May 21. Stubborn, proud, difficult to approach, not persistent, sometimes fickle and jealous, like choice foods.

Birthstone—Agate
Flower—Honeysuckle

Gemini 11, Twins, May 21 to June 21. Gemini influence gives pleasing disposition, quickly irritated, inventive genius, love for science, and talent for commerce.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA									Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA								
				Ontario, Etc.			Man., Alta., Etc.			Ontario, Etc.							Man., Alta., Etc.								
				Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.					Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.			
				H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.					H. M.	H. M.	H. M.	H. M.	H. M.	H. M.			
1	Sat.	☾	♍	4 50	7 03	11 10	4 35	7 20	11 46					1	Tu.	☽	♋	4 20	7 34	morn	3 54	8 01	0 33		
2	S.	☽	♋	4 49	7 04	morn	4 33	7 22	morn					2	W.	☽	♋	4 20	7 35	0 38	3 53	8 02	1 08		
3	M.	☽	♋	4 48	7 05	0 13	4 31	7 23	0 52					3	Th.	☽	♋	4 19	7 36	1 12	3 53	8 03	1 36		
4	Tu.	☽	♋	4 47	7 06	1 08	4 29	7 24	1 48					4	Fri.	☽	♋	4 19	7 37	1 40	3 52	8 04	1 55		
5	W.	☽	♋	4 45	7 07	1 55	4 28	7 25	2 31					5	Sat.	☽	♋	4 19	7 38	2 05	3 52	8 05	2 09		
6	Th.	☽	♋	4 43	7 08	2 34	4 27	7 27	3 03					6	S.	☽	♋	4 19	7 39	2 33	3 51	8 06	2 33		
7	Fri.	☽	♋	4 42	7 09	3 07	4 25	7 28	3 28					7	M.	☽	♋	4 19	7 39	3 01	3 51	8 07	2 50		
8	Sat.	☽	♋	4 41	7 10	3 35	4 23	7 30	3 47					8	Tu.	☽	♋	4 18	7 40	3 28	3 50	8 07	3 07		
9	S.	☽	♋	4 40	7 11	4 02	4 21	7 31	4 03					9	W.	☽	♋	4 18	7 40	4 01	3 50	8 08	3 32		
10	M.	☽	♋	4 39	7 12	4 32	4 20	7 33	4 27					10	Th.	☽	♋	4 18	7 41	sets	3 50	8 09	sets		
11	Tu.	☽	♋	4 37	7 13	4 59	4 19	7 34	4 43					11	Fri.	☽	♋	4 18	7 41	9 00	3 50	8 10	9 41		
12	W.	☽	♋	4 36	7 14	sets	4 18	7 36	sets					12	Sat.	☽	♋	4 18	7 42	9 54	3 50	8 11	10 36		
13	Th.	☽	♋	4 35	7 15	9 10	4 16	7 38	9 44					13	S.	☽	♋	4 18	7 42	10 39	3 49	8 11	11 19		
14	Fri.	☽	♋	4 34	7 17	10 14	4 14	7 39	10 52					14	M.	☽	♋	4 18	7 43	11 18	3 49	8 12	11 54		
15	Sat.	☽	♋	4 33	7 19	11 12	4 12	7 41	11 53					15	Tu.	☽	♋	4 18	7 43	11 50	3 49	8 12	morn		
16	S.	☽	♋	4 32	7 20	morn	4 11	7 42	morn					16	W.	☽	♋	4 18	7 44	morn	3 49	8 13	0 22		
17	M.	☽	♋	4 31	7 21	0 01	4 09	7 43	0 44					17	Th.	☽	♋	4 18	7 44	0 19	3 49	8 13	0 44		
18	Tu.	☽	♋	4 30	7 22	0 42	4 08	7 45	1 27					18	Fri.	☽	♋	4 18	7 45	0 52	3 49	8 13	1 12		
19	W.	☽	♋	4 29	7 22	1 24	4 07	7 46	2 01					19	Sat.	☽	♋	4 18	7 45	1 14	3 49	8 14	1 26		
20	Th.	☽	♋	4 28	7 23	1 56	4 06	7 47	2 27					20	S.	☽	♋	4 18	7 45	1 34	3 49	8 14	1 39		
21	Fri.	☽	♋	4 27	7 24	2 24	4 05	7 48	2 49					21	M.	☽	♋	4 19	7 45	2 02	3 50	8 14	2 01		
22	Sat.	☽	♋	4 26	7 25	2 49	4 04	7 49	3 06					22	Tu.	☽	♋	4 19	7 45	2 26	3 50	8 14	2 14		
23	S.	☽	♋	4 25	7 25	3 10	4 03	7 51	3 16					23	W.	☽	♋	4 19	7 45	2 54	3 50	8 14	2 32		
24	M.	☽	♋	4 24	7 26	3 33	4 02	7 53	3 33					24	Th.	☽	♋	4 20	7 45	3 27	3 50	8 14	2 58		
25	Tu.	☽	♋	4 23	7 27	4 01	4 01	7 54	3 54					25	Fri.	☽	♋	4 20	7 45	rises	3 51	8 14	rises		
26	W.	☽	♋	4 22	7 28	4 26	4 00	7 55	4 10					26	Sat.	☽	♋	4 21	7 45	8 54	3 51	8 14	9 34		
27	Th.	☽	♋	4 22	7 29	rises	3 59	7 56	rises					27	S.	☽	♋	4 21	7 45	9 50	3 51	8 14	10 29		
28	Fri.	☽	♋	4 21	7 30	8 57	3 58	7 57	9 34					28	M.	☽	♋	4 22	7 45	10 37	3 52	8 14	11 10		
29	Sat.	☽	♋	4 21	7 31	10 05	3 57	7 58	10 44					29	Tu.	☽	♋	4 22	7 44	11 15	3 52	8 14	11 40		
30	S.	☽	♋	4 20	7 32	11 06	3 56	7 59	11 46					30	W.	☽	♋	4 23	7 44	11 45	5 33	8 14	morn		
31	M.	☽	♋	4 20	7 33	11 56	3 55	8 00	morn																

☽ First Quarter ☽ Full Moon ☽ Last Quarter ☽ New Moon

WEATHER FORECAST FOR MAY

1st to 3rd—Mild, spring-like conditions in British Columbia, Alberta and Saskatchewan. Snow disappearing and frost coming out of the ground. Weather still cool and backward in eastern provinces.
4th to 8th—Wind storms with dashes of rain at many points. Hail in Ontario and Manitoba.
9th to 12th—Rather cool and backward temperature for May over all upland sections of the Rocky Mountains and the northwest. Frosts.
13th to 17th—Rising temperature with balmy winds prevalent in sections from the Pacific coast eastward to Manitoba. Genial weather in East.
18th to 21st—Strong wind energy manifest over all western and central provinces.
22nd to 26th—Dismal, gloomy and generally rainy weather on the Pacific slope. Cloudy and unsettled over Lake region. Gloomy weather along all north Atlantic coastal waters.
27th to 31st—Cool nights and mornings in the far northwest, with seasonable weather at most points. Farmers very active at this time. Cold of winter gone and the cheerful springtime now at hand.

WEATHER FORECAST FOR JUNE

1st to 4th—Dull and cloudy weather general over all northwest provinces. Foggy conditions throughout the St. Lawrence valley.
5th to 8th—Weather moist and mild at most points. Growing season well begun.
9th to 12th—Continued warmth and genial conditions over widely extended areas of the northwest.
13th to 16th—Showery over Rocky Mountain highlands and northwestern provinces. Rain and sunshine contributing much to the growth of spring crops over the region of the St. Lawrence valley.
17th to 20th—Unsettled and changeable on Pacific slope. Wind and rain at many points. Thunder showers in New Brunswick and Nova Scotia.
21st to 25th—Stormy weather in British Columbia, Alberta, Saskatchewan, Manitoba and western Ontario. Thunder showers in Quebec, New Brunswick and Nova Scotia.
26th to 30th—Rising temperature with sultry conditions in all provinces from the Rocky Mountain highlands eastward to Quebec and Newfoundland. Seasonable with fine growing conditions.

WHAT HOUSEWIVES TELL THEIR FRIENDS

R

Many brides have learned from thoughtful mothers or experienced friends how housekeeping problems are solved and how to guard the family health.

Many a careful housekeeper has told her friends:

"We are always glad to see the Rawleigh Retailer because he brings so many things we could not get along without.

"When we are busy and the whole family are enjoying good health and everything is going fine, it's natural to feel independent and to trust that sickness, accidents and sudden needs won't come to us.

"We may think we won't need anything this time and perhaps thoughtlessly tell him, 'We don't need anything today.' But he's always glad to show us his interesting line of household necessities and to explain their usefulness and so willing to leave them even if we do not need them just then that we talk things over and find there are lots of things we couldn't do without.

"Then he shows us that while it's natural to put off getting the supplies we need frequently till what we have are gone, it's not necessary to do so because he's willing we should keep whatever we may want or need without obligation and that it's bad judgment to neglect to lay in good supplies of necessities when we can do so advantageously, because we're usually sure to need them soon. And then it's better to have them and not need them than to need them and not have them.

"We can never tell what need will come first but that there come times when we'd give most anything to get what we need. Long experience has shown us that sickness, accidents, emergencies and regular needs come frequently though unexpectedly. Every day there are occasions for the use of Rawleigh's Good Health Products.

"So we decide it's best to anticipate our needs and be prepared in advance for the emergencies and the certain regular use because every time something happens we see the mistake of waiting till the actual time of need to provide these everyday necessities.

"We always let the Rawleigh Retailer stock us up with Good Health Products every time he comes because it's so much easier and more economical, the Products are so much better and more reliable and satisfactory and the Rawleigh Method of



paying after we're satisfied is so sensible and practical."

Millions of fathers and mothers know that this is a true story from real life.

The more experience you have with the Rawleigh Retailer the better you'll understand the advantages of laying in a good supply of Good Health Products when he comes. So don't worry about keeping too much. You can return anything that is not needed and you pay only for the Products you use after you have had their benefit and are fully satisfied.

You should welcome the opportunity of having the Rawleigh Retailer leave you everything you may have use for so you can go shopping at home on your own shelves and get just what you want and know it's the best and guaranteed to satisfy.

Rawleigh's Good Health Service

Besides this book Rawleigh's Good Health Service includes complete scientific directions for the use of Rawleigh Medicines and other Products and valuable information about the proper foods and rules of health to aid Nature in overcoming common ailments and restoring health. Thus Rawleigh's gives you double value.

This service also includes;

A series of Good Health Bulletins,

Rawleigh's Ideal Farming, a book on live stock,

Ideal Poultry Raising.

These valuable books are furnished free by Rawleigh Retailers to their Customers and such a service is not obtainable from any similar concern. Ask the Retailer for them when he calls.

JULY

AUGUST



**Birthstone—Ruby
Flower—Waterlily**

Cancer ♋, Crab, June 21 to July 23. Indicates life of activity and power, good morals but capricious and fickle, independent and versatile.



**Birthstone—Sardonyx
Flower—Poppy**

Leo ♌, Lion, July 23 to Aug. 23. Lofty of mind and will reach high position, just with generous heart, enterprising and persevering.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA									Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA								
				Ontario, Etc.			Man., Alta., Etc.			Ontario, Etc.							Man., Alta., Etc.								
				Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.	Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.					Sun Rises H. M.	Sun Sets H. M.	Moon R. & S. H. M.						
1	Th.	☾	♋	4 23	7 44	morn	3 54	8 14	0 03			1	S.	☾	♋	4 51	7 21	morn	4 28	7 44	11 40				
2	Fri.	☾	♋	4 24	7 44	0 12	3 55	8 14	0 21			2	M.	☾	♋	4 52	7 20	0 05	4 30	7 42	morn				
3	Sat.	☾	♋	4 24	7 44	0 38	3 56	8 13	0 38			3	Tu.	☾	♋	4 53	7 19	0 37	4 31	7 40	0 06				
4	S.	☾	♋	4 25	7 43	1 06	3 56	8 13	0 59			4	W.	☾	♋	4 54	7 18	1 14	4 33	7 38	0 35				
5	M.	☾	♋	4 25	7 43	1 32	3 57	8 12	1 15			5	Th.	☾	♋	4 55	7 17	1 57	4 35	7 36	1 15				
6	Tu.	☾	♋	4 26	7 42	2 01	3 58	8 12	1 34			6	Fri.	☾	♋	4 56	7 15	2 43	4 36	7 34	2 01				
7	W.	☾	♋	4 27	7 41	2 35	3 59	8 11	2 02			7	Sat.	☾	♋	4 57	7 14	3 35	4 37	7 32	2 52				
8	Th.	☾	♋	4 28	7 40	3 14	4 00	8 10	2 34			8	S.	☾	♋	4 58	7 13	sets	4 39	7 31	sets				
9	Fri.	☾	♋	4 28	7 40	3 59	4 01	8 10	3 16			9	M.	☾	♋	4 59	7 11	8 23	4 40	7 30	8 55				
10	Sat.	☾	♋	4 29	7 39	sets	4 01	8 09	sets			10	Tu.	☾	♋	5 01	7 10	8 50	4 42	7 28	9 13				
11	S.	☾	♋	4 30	7 39	9 18	4 02	8 08	9 55			11	W.	☾	♋	5 02	7 09	9 13	4 44	7 26	9 26				
12	M.	☾	♋	4 31	7 38	9 51	4 03	8 07	10 24			12	Th.	☾	♋	5 03	7 07	9 33	4 45	7 24	9 39				
13	Tu.	☾	♋	4 32	7 38	10 22	4 04	8 06	10 48			13	Fri.	☾	♋	5 04	7 06	9 55	4 46	7 23	9 58				
14	W.	☾	♋	4 33	7 37	10 46	4 05	8 05	11 06			14	Sat.	☾	♋	5 06	7 04	10 20	4 47	7 21	10 12				
15	Th.	☾	♋	4 34	7 36	11 08	4 06	8 04	11 20			15	S.	☾	♋	5 07	7 02	10 44	4 48	7 19	10 25				
16	Fri.	☾	♋	4 35	7 36	11 28	4 07	8 03	11 31			16	M.	☾	♋	5 08	7 00	11 12	4 50	7 17	10 47				
17	Sat.	☾	♋	4 36	7 35	11 53	4 08	8 02	11 51			17	Tu.	☾	♋	5 09	6 58	11 44	4 52	7 15	11 11				
18	S.	☾	♋	4 37	7 35	morn	4 10	8 01	morn			18	W.	☾	♋	5 10	6 56	morn	4 54	7 13	11 45				
19	M.	☾	♋	4 38	7 34	0 17	4 11	8 00	0 06			19	Th.	☾	♋	5 11	6 55	0 26	4 55	7 11	morn				
20	Tu.	☾	♋	4 39	7 34	0 52	4 12	7 59	0 22			20	Fri.	☾	♋	5 13	6 53	1 20	4 57	7 09	0 32				
21	W.	☾	♋	4 40	7 33	1 22	4 14	7 58	0 45			21	Sat.	☾	♋	5 14	6 52	2 16	4 58	7 07	1 30				
22	Th.	☾	♋	4 41	7 33	1 59	4 15	7 57	1 14			22	S.	☾	♋	5 15	6 51	3 21	4 59	7 05	2 36				
23	Fri.	☾	♋	4 42	7 32	2 43	4 16	7 56	2 03			23	M.	☾	♋	5 16	6 50	rises	5 01	7 03	rises				
24	Sat.	☾	♋	4 43	7 31	rises	4 17	7 54	rises			24	Tu.	☾	♋	5 17	6 48	8 15	5 02	7 01	8 34				
25	S.	☾	♋	4 44	7 30	8 29	4 19	7 53	9 04			25	W.	☾	♋	5 18	6 46	8 42	5 04	7 00	8 47				
26	M.	☾	♋	4 45	7 28	9 12	4 21	7 51	9 43			26	Th.	☾	♋	5 19	6 45	9 11	5 05	6 58	9 09				
27	Tu.	☾	♋	4 47	7 27	9 46	4 23	7 50	10 07			27	Fri.	☾	♋	5 20	6 43	9 39	5 07	6 56	9 27				
28	W.	☾	♋	4 48	7 26	10 16	4 24	7 49	10 28			28	Sat.	☾	♋	5 21	6 41	10 07	5 09	6 54	9 46				
29	Th.	☾	♋	4 49	7 25	10 40	4 25	7 47	10 43			29	S.	☾	♋	5 22	6 39	10 37	5 10	6 52	10 08				
30	Fri.	☾	♋	4 50	7 24	11 12	4 26	7 46	11 05			30	M.	☾	♋	5 23	6 37	11 13	5 11	6 49	10 38				
31	Sat.	☾	♋	4 51	7 22	11 36	4 27	7 45	11 21			31	Tu.	☾	♋	5 24	6 36	11 55	5 13	6 47	11 14				

☾ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

WEATHER FORECAST FOR JULY

1st to 3rd—Advanced heat over western and central provinces. Heat prostration in large cities. Sultriness generally prevalent east and west.
 4th to 7th—Sunshine and showers marking time from day to day at about this time. Weather generally seasonable in western and central sections.
 8th to 12th—General rains on the Pacific slope, with lightning, wind, rain and hail locally from Alberta eastward to the Atlantic.
 13th to 17th—Cooler weather generally manifest over Rocky Mountain highland and provinces of the northwest. Lightning, hail and flood locally over the eastern provinces.
 18th to 22nd—General storm wave manifest from the Rocky Mountains eastward to Quebec and Newfoundland. Heavy downpour of rain at many points.
 23rd to 27th—Shortage of rainfall over Alberta and Saskatchewan. Cloudy and unsettled in British Columbia. Seasonable weather over the East.
 28th to 31st—Showery weather on Pacific slope. Cloudy and unsettled from Rocky Mountain highland eastward to Ontario. Local showers in East.

WEATHER FORECAST FOR AUGUST

1st to 4th—Dull, damp and misty weather over the Great Lakes and provinces lying eastward as far as Quebec and New Brunswick.
 5th to 9th—Cool spell for Rocky Mountains and provinces in the northwest. Cool nights and mornings in Manitoba, Ontario and Quebec.
 10th to 14th—Warm spell over Canadian provinces in western, central and eastern sections.
 15th to 18th—Thunder storms at many points. Severe lightning, wind and hail locally in Manitoba and Ontario. Long hot days in Quebec and East.
 19th to 23rd—A very warm spell for provinces of the northwest. Weather turning dry and dusty on Pacific slope. Very sultry and stifling.
 24th to 27th—Threatening conditions in Alberta, Saskatchewan and Manitoba. Showers in Lake region, Ontario, Quebec, New Brunswick and Nova Scotia.
 28th to 31st—Stormy over the Great Lakes and all eastern provinces. Heavy rainfall.

LOOKING AHEAD



Thoughtful men are looking ahead to the approaching day when physical disease will be conquered—largely prevented and properly controlled.

There probably always will be disease because most people are both ignorant and careless and even deliberately violate the well known laws of health and let appetite, pleasure, habit and risk lower their efficiency, cause frequent disease and shorten life.

Two million people in the United States are suffering from preventable diseases and 30 per cent of all poverty is so caused. The yearly loss from sickness per man amounts to seven to nine days. The total recognized economic loss from disease amounts to seven and a half billion dollars yearly. The toll of neglected health is heavy.

To hasten the day of freedom from disease, chemists, bacteriologists, dietitians, hospitals, nurses and schools are doing much. Less can be expected of physicians and surgeons because their business depends upon disease and there will be plenty for them to do till men have learned how to keep their health. Valuable discoveries and researches are going on and all the people are being educated to value and care for health and to avoid, prevent and combat disease and substantial progress is being made.

The more people know about the dangers of infection, the preventable loss from disease, and how to save themselves pain and suffering, the better they understand the necessity of care and watchfulness against accidents, injuries, exposure and infection and the importance of acting promptly to give assistance when bodily health requires it and when the conditions that cause disease are present.

The wisest course, since we are always exposed to the conditions that mean pain, lost time, physical disability, expense and danger, is to be ready for the most frequent emergencies and to give such prompt relief as is necessary. For over a third of a century Rawleigh Service has made it possible for millions of families to keep such remedies ready that have proven of exceptional usefulness and given unusual satisfaction.

Of greatest range of usefulness for internal or external use for the family or live stock to reduce pain and congestion, to check colds and bowel troubles, to promote healing is Rawleigh's Liniment. It is worthy of a permanent place in every



home. A highly concentrated pain medicine for personal use is Rawleigh's Anti-Pain Oil. Rawleigh's Camphor Balm is popular and economical.

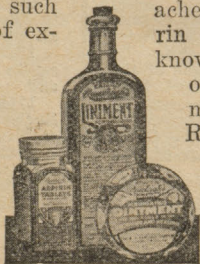
The largest selling Product made by Rawleigh's and a favorite preparation with millions of people is Rawleigh's Medicated Ointment, a refined, healing and antiseptic application containing menthol and camphor from Japan and eucalyptol from Australia. It is useful for both medicinal and toilet purposes, for external abrasions, congestion, colds, sore throat and catarrh.

Other useful applications are Rawleigh's Antiseptic Healing Salve, Mustard Ointment and Anti-Pain Plasters.

To prevent infections, as a mouth wash, dentifrice, for sore throat and colds, and as an antiseptic application, Rawleigh's Antiseptic Solution is deservedly popular for daily use. It is a pleasing, refreshing and valuable aid to health that should be freely used.

The usefulness of Aspirin as a general pain reliever is so well known that it has a place in practically every home for pains, aches and colds. Rawleigh's make Aspirin Tablets from tested materials and know that no higher quality Aspirin is obtainable. From 25 to 60 per cent more for the money is an example of Rawleigh's larger values.

Look ahead. Be prepared to prevent and control pain, disease and danger by keeping these practical, effective and dependable preparations on hand and using them.



SEPTEMBER

OCTOBER



Birthstone—Sapphire
Flower—Morning Glory

Virgo ♍, Virgin, Aug. 23 to Sept. 23. Will reach honor through personal merit, strong-willed, sentimental, wealth likely to come from hard work.

Birthstone—Opal
Flower—Hop

Libra ♎, Balance, Sept. 23 to Oct. 24. Makes people gentle, straightforward and pure, devoted to business, changeable opinions.

Table for Dominion of Canada, September. Columns include Day of Month, Day of Week, Light and Dark of Moon, Moon's Signs, and Sun Rises/Sets/Moon R. & S. for Ontario, etc., and Man., Alta., etc.

Table for Dominion of Canada, October. Columns include Day of Month, Day of Week, Light and Dark of Moon, Moon's Signs, and Sun Rises/Sets/Moon R. & S. for Ontario, etc., and Man., Alta., etc.

☾ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

☾ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

WEATHER FORECAST FOR SEPTEMBER

1st to 4th—Blustery and unsettled over sections of the Pacific slope. Fine weather from Alberta eastward. 5th to 8th—Showery spell for many sections of the northwest. Seasonable conditions in Ontario and Quebec. 9th to 13th—Cool and Fall-like in British Columbia, the Rocky Mountain region and over provinces of the northwest. Stormy weather in the East. 14th to 17th—Dry and dusty over sections of the Pacific slope and the Rocky Mountain highland. Sunshine and showers from Ontario eastward. 18th to 21st—Very warm wave over all provinces of the northwest and those bordering on the Great Lakes. Weather becoming dry and shortage of rain manifest over British Columbia. 22nd to 25th—Showers from Great Lakes eastward to Nova Scotia, Quebec and Newfoundland. Very blustery and unsettled over the Northwest. 26th to 30th—Cool nights and mornings in all northwestern and central provinces. Local frosts in Manitoba and western Ontario. Unsettled and fall-like weather general in eastern provinces.

WEATHER FORECAST FOR OCTOBER

1st to 4th—Very stormy weather at most points east and west. 5th to 8th—Abrupt fall in temperature in all Canadian provinces of the northwest. 9th to 12th—Fair weather over the Pacific slope, the Rocky Mountain highland. Pleasant weather in all provinces east of Manitoba. 13th to 16th—Summer-like warmth and very smoky atmosphere over all provinces of the far west and northwest. 17th to 19th—Great storm wave moving from the Rocky Mountain highland eastward over all Canadian Provinces. 20th to 23rd—Blustery on the Pacific slope. Raw, cold winds in provinces of the northwest. Cloudy and foggy in St. Lawrence valley. 24th to 27th—Sudden dashes of rain at many points in the northwest. Cloudy and foggy at all points eastward from Ontario. 28th to 31st—Dry and cold with keen cutting winds from the northwest over all Canadian provinces. Blustery and stormy over maritime provinces.

FROM PLANTATION TO YOUR HOME

R

Food in great variety for every taste and need and purse from almost every land and sea ready at almost every season, is one of the advantages of modern life.

To help you prepare foods so that they will be well flavored and seasoned to make them appetizing, delicious and satisfying, the savor of pure, pungent spices and the dainty, delicious flavor of rich vanilla are brought to you from distant tropical shores, carefully prepared for your use.

On our own Vanilla plantations in the Comores Islands, at our Branches in Madagascar and the Reunion Islands in the Indian Ocean, Rawleigh employees are busy the year round, planting, fertilizing, gathering, buying, curing, packing and shipping choice Vanilla. In these islands three-fourths of the world's vanilla is produced. The Rawleigh Organization also cures Vanilla in Mexico and the West Indies.

These selected vanillas are blended and aged to bring out all their delicacy and richness into the finest and most popular of flavoring extracts to delight and satisfy the taste of lovers of vanilla flavored dainties.

In the citrus groves of Sicily where the finest oils of lemon and orange are pressed from the fresh, ripe fruit, leading producers reserve some of the best and they are imported direct to be made into Lemon, Orange, and Mixed Extracts that have natural fruity flavor and that unusual strength peculiar to Rawleigh's.

From the spicy groves of Zanzibar and Pemba Islands off East Africa, and St. Marie, near Madagascar, come nine-tenths of the world's cloves. With its warehouses, and large staff of native and other employees on the ground the year round on each of these Islands the Rawleigh Organi-

zation buys large quantities of choice cloves from plantation owners and Arabs. Selected with painstaking care, these sun-dried cloves are cleaned, hand picked, sorted, packed and shipped to our factories. Their high quality and perfect condition are carefully preserved from the time they are picked from the tree till they are packaged and delivered to Consumers.



Vanilla Growing on Rawleigh's Plantations on Grande Comore Island

You will find them pure, fresh, fragrant, rich and full flavored.

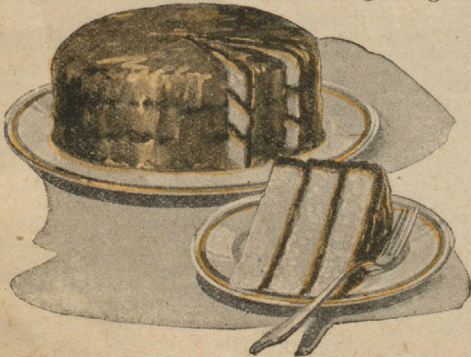
The quality, value and satisfaction you find in Rawleigh's Vanilla and Cloves characterize the entire line of Extracts, Flavors, Spices and Food Products. Their superiority causes you to lose your taste for the inferior kinds.

For better baking you need more than good flour, and flavor and spice. You want the best phosphate Baking Powder, prepared in the best way from the purest and best of ingredients, that has full leavening strength. You also frequently need pure Cream of Tartar. The Rawleigh Retailer can supply them to match in quality his famous Extracts and Spices.

For breakfast or luncheon, as a delicious nourishing drink to go with your rolls and cakes, the family will like Rawleigh's Cocoa. It may be used also as a chocolate for icings, in candies and to flavor desserts. You will like its richness, flavor and quality.

To make good foods taste better, to make meats, salads and sandwiches tasty and appetizing, to add zest to the cold lunch, millions prefer Rawleigh's Prepared Mustard. Its delicious characteristic flavor and unusual quality appeal to you instantly. You will like it so much better you will want it regularly and the large jars won't last long.

Put Rawleigh quality and flavor on your table.



NOVEMBER

DECEMBER



Birthstone—Topaz
Flower—Chrysanthemum

Birthstone—Turquoise
Flower—Holly

Scorpius ♏, Scorpion, Oct. 24 to Nov. 23. You are shrewd, persuasive, fickle, often religious, persevering, patient in work and aggressive.

Sagittarius ♐, Archer, Nov. 23 to Dec. 22. Honest, ingenious and generous, sensitive and nervous, worry about trifles.

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA								
				Ontario, Etc.			Man., Alta., Etc.					
				Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.	H. M.	H. M.	H. M.
1	M.	☾	♏	6 38	4 49	2 04	6 50	4 37	1 44			
2	Tu.	☾	♏	6 40	4 47	3 06	6 51	4 35	2 54			
3	W.	☾	♏	6 41	4 46	4 10	6 53	4 33	4 09			
4	Th.	☾	♏	6 42	4 45	5 09	6 55	4 31	5 14			
5	Fri.	☾	♏	6 44	4 44	6 16	6 57	4 29	6 31			
6	Sat.	☾	♏	6 45	4 43	sets	6 59	4 28	sets			
7	S.	☾	♏	6 46	4 42	6 20	7 00	4 27	5 44			
8	M.	☾	♏	6 47	4 41	6 59	7 02	4 25	6 19			
9	Tu.	☾	♏	6 48	4 40	7 46	7 04	4 23	6 59			
10	W.	☾	♏	6 50	4 39	8 41	7 06	4 22	7 55			
11	Th.	☾	♏	6 51	4 37	9 44	7 07	4 21	9 00			
12	Fri.	☾	♏	6 53	4 36	10 53	7 08	4 20	10 15			
13	Sat.	☾	♏	6 54	4 35	morn	7 10	4 19	11 36			
14	S.	☾	♏	6 55	4 34	0 05	7 12	4 17	morn			
15	M.	☾	♏	6 56	4 33	1 11	7 14	4 16	1 01			
16	Tu.	☾	♏	6 58	4 32	2 27	7 15	4 15	2 13			
17	W.	☾	♏	7 00	4 31	3 45	7 16	4 14	3 43			
18	Th.	☾	♏	7 01	4 30	4 58	7 18	4 12	5 02			
19	Fri.	☾	♏	7 02	4 29	rises	7 20	4 11	rises			
20	Sat.	☾	♏	7 03	4 28	5 37	7 21	4 10	5 01			
21	S.	☾	♏	7 04	4 28	6 18	7 22	4 09	5 38			
22	M.	☾	♏	7 05	4 27	7 05	7 24	4 08	6 20			
23	Tu.	☾	♏	7 07	4 27	7 56	7 26	4 07	7 11			
24	W.	☾	♏	7 08	4 26	8 53	7 28	4 06	8 12			
25	Th.	☾	♏	7 09	4 26	9 50	7 29	4 05	9 14			
26	Fri.	☾	♏	7 10	4 25	10 50	7 30	4 04	10 21			
27	Sat.	☾	♏	7 11	4 25	11 51	7 31	4 04	11 28			
28	S.	☾	♏	7 12	4 24	morn	7 33	4 03	morn			
29	M.	☾	♏	7 13	4 24	0 52	7 35	4 02	0 39			
30	Tu.	☾	♏	7 14	4 24	1 55	7 36	4 02	1 51			

☽ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

Day of Month	Day of Week	Light and Dark of Moon	Moon's Signs	DOMINION OF CANADA								
				Ontario, Etc.			Man., Alta., Etc.					
				Sun Rises	Sun Sets	Moon R. & S.	Sun Rises	Sun Sets	Moon R. & S.	H. M.	H. M.	H. M.
1	W.	☾	♏	7 15	4 24	2 56	7 37	4 01	5 28			
2	Th.	☾	♏	7 16	4 24	4 01	7 38	4 01	4 11			
3	Fri.	☾	♏	7 17	4 24	5 09	7 39	4 00	5 29			
4	Sat.	☾	♏	7 18	4 24	6 19	7 41	4 00	6 47			
5	S.	☾	♏	7 19	4 23	sets	7 42	3 59	sets			
6	M.	☾	♏	7 20	4 23	5 41	7 43	3 59	4 57			
7	Tu.	☾	♏	7 21	4 23	6 35	7 44	3 59	5 47			
8	W.	☾	♏	7 22	4 23	7 37	7 45	3 59	6 51			
9	Th.	☾	♏	7 23	4 23	8 45	7 46	3 59	8 03			
10	Fri.	☾	♏	7 24	4 23	9 56	7 48	3 58	9 23			
11	Sat.	☾	♏	7 25	4 23	11 11	7 49	3 58	10 47			
12	S.	☾	♏	7 26	4 24	morn	7 50	3 58	morn			
13	M.	☾	♏	7 27	4 24	0 23	7 51	3 58	0 02			
14	Tu.	☾	♏	7 28	4 24	1 30	7 52	3 58	1 09			
15	W.	☾	♏	7 28	4 24	2 39	7 53	3 59	2 39			
16	Th.	☾	♏	7 29	4 24	3 57	7 53	3 59	4 09			
17	Fri.	☾	♏	7 29	4 25	5 12	7 54	3 59	5 34			
18	Sat.	☾	♏	7 30	4 25	6 29	7 54	3 59	6 59			
19	S.	☾	♏	7 30	4 25	rises	7 55	3 59	rises			
20	M.	☾	♏	7 31	4 26	5 44	7 55	3 59	4 59			
21	Tu.	☾	♏	7 31	4 26	6 39	7 56	3 59	5 54			
22	W.	☾	♏	7 32	4 27	7 37	7 56	4 01	6 58			
23	Th.	☾	♏	7 32	4 27	8 36	7 56	4 02	8 01			
24	Fri.	☾	♏	7 33	4 28	9 36	7 57	4 03	9 11			
25	Sat.	☾	♏	7 33	4 28	10 38	7 57	4 04	10 21			
26	S.	☾	♏	7 33	4 29	11 41	7 57	4 04	11 33			
27	M.	☾	♏	7 33	4 30	morn	7 58	4 05	morn			
28	Tu.	☾	♏	7 33	4 31	0 43	7 58	4 06	0 44			
29	W.	☾	♏	7 34	4 32	1 42	7 58	4 08	1 47			
30	Th.	☾	♏	7 34	4 33	2 48	7 59	4 09	3 04			
31	Fri.	☾	♏	7 34	4 34	3 57	7 59	4 10	4 21			

☽ First Quarter ☽ Full Moon ☾ Last Quarter ☽ New Moon

WEATHER FORECAST FOR NOVEMBER

1st to 4th—Clear weather with windy days on Pacific slope and Rocky Mountain highland. Cold, frosty nights and mornings in all provinces.

5th to 9th—Blustery and generally stormy in British Columbia, Alberta, Saskatchewan, Manitoba and western Ontario. Clear to variable weather in New Brunswick, Nova Scotia and Quebec.

10th to 13th—Snow and sleet in Rocky Mountain highland and provinces of the northwest. Unsettled and stormy in the St. Lawrence valley.

14th to 18th—Strong gales on all North Pacific coast waters. Very blustery from Alberta eastward to Ontario. Variable in all eastern provinces.

19th to 23rd—Cold spell for all sections of the northwest. Frost and frozen ground in Manitoba and Ontario. Raw winds in Quebec.

24th to 27th—Abnormal warmth in British Columbia. Chinook winds in Alberta and Saskatchewan. Smoky atmosphere Manitoba to Quebec.

28th to 30th—Unsettled and cloudy weather over the Great Lakes. Heavy snows in Rocky Mountain region. Cloudy, foggy and generally dull in East.

WEATHER FORECAST FOR DECEMBER

1st to 4th—High winds at all points.

5th to 8th—Snow storms with dashes of sleet at points in the far west and the northwest. Wintry and cold in Quebec and Newfoundland.

9th to 12th—Abrupt fall in temperature in Rocky Mountains and the provinces of the northwest.

13th to 17th—Very cold in British Columbia and Alberta. Long nights and short days add much to keep up the chill of Winter. The slanting rays of the sun have little effect.

18th to 22nd—General snows on Rocky Mountain highland. Cloudy and unsettled over the Great Lakes and adjoining provinces. Very stormy in Quebec and Newfoundland.

23rd to 27th—Long, cold nights and short, clear days in British Columbia, Alberta, Saskatchewan and Manitoba. Foggy and cloudy in the East.

28th to 31st—Great sleet and snow storms general in the far west and the northwest. Heavy drifts of snow blocking traffic in most of the Canadian provinces east of the Rocky Mountains. Lakes and streams, ice-locked and roads closed at places.

HOW TO KEEP FREE FROM COLDS

R

When students of Good Health are looking forward to freedom from disease, too much common sense and care cannot be applied to our everyday lives and the few measures necessary to avoid and counteract the most common of all infectious diseases.

Usually colds are treated much too lightly. Little heed is paid to them nor to the languid run-down feeling and low resistance that follow till a great epidemic of contagious colds, flu or grippe breaks out and becomes a matter of public concern and alarm.

Colds are so common many let them run their course till their seriousness necessitates attention. But the real damage is not usually apparent at the time and its casualties are not all marked, grippe or pneumonia. Long after the coughing and sneezing, the weakened victim may succumb to some serious disease he has insufficient resistance to combat. Incipient colds are dangerous and should not be neglected.

All colds are infectious, even though there is no specific cold germ. Cold is a term applied to most any mild infection of the nose, throat or respiratory tract. Without germs there could be no colds, yet colds are usually attributed to some sort of exposure, or chilling such as drafts, wet feet, change of weather or clothing. Colds may be mild attacks of influenza, pneumonia or even diphtheria.

Cold infection may be contracted from a person afflicted, from a carrier, or developed in the nose and throat bacteria capable of producing colds when conditions are right. Acute colds start when the resistance is lowered by fatigue, confinement, overeating, bowel inactivity or improper food. Most colds are started by becoming chilled, especially by chills caused by dry air in contact with moist skin and mucous membranes being exposed to extreme changes of humidity.

Colds are easily avoided, prevented and usually controlled, but it requires watchfulness, care and prompt aid.

Avoid becoming chilled. When you feel chilly exercise immediately or practice forced breathing to stir up your circulation. Fight a cold with warmth. If you feel you have taken cold, or start sneezing, it's best to counteract the attack at once by a hot bath and going to bed with a hot-water bag at the feet



and taking a hot drink, preferably with Rawleigh's Liniment, a couple of Rawleigh's Cold Tablets, or Rawleigh's Aspirin accompanied by Rawleigh's Fruit Salts to stimulate bowel activity.

Don't neglect a cold and make no attempt to correct your condition. Don't just keep on as usual, hoping to get rid of it. Don't expose others. Don't attempt an endurance contest and try to wear your cold out and kill it. It takes too much vitality and weakens you too much. Usually you will win in time after suffering, discomfort, low efficiency, and perhaps lost time and a doctor bill. But sometime you might lose.

You can avoid colds by maintaining all the physical functions at a high state of efficiency by hardening the system by hygienic living, by exercise, by baths, by exposing the skin to sunshine and outdoor air, by proper clothing, by well ventilated rooms and by keeping at a safe distance from those with colds.

You can successfully control most colds by being prepared and acting promptly. Ask the Rawleigh Retailer to explain how you can do this with his splendid assortment of Cough and Cold Medicines, including Rawleigh's Cough Syrup, Cold Tablets, Aspirin, Cough Lozenges, and valuable adjuvants as Medicated Ointment, Mustard Ointment, Catarrhal Relief, Antiseptic Solution, Camphor Balm, Liniment.



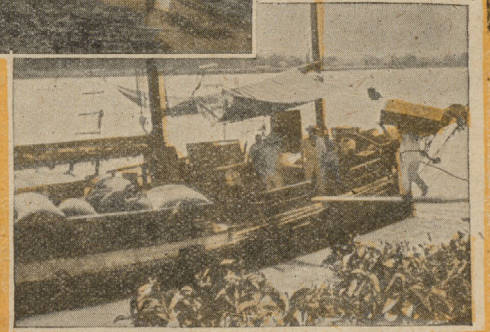
RAWLEIGH'S WORLD W



Pressing Lemon Oil in Sicily



Inspecting and Weighing Cloves



Drying and Loading Rawleigh's Vanilla in Mexico



NATURALLY pioneers since its founder started out among strangers to sell his Products, when a boy of 18 years, the Rawleigh Organization has steadily reached out and extended its operations into new and more distant fields.

When the business was small and of only local extent materials and supplies were bought in nearby domestic markets, then in larger markets nearer sources. To save unnecessary expense of commodities passing through many hands, and to bring producers and consumers as near together as possible, its policy is to buy raw materials at sources from producers and first hands and from them to make all its Products complete.

Officers and employees have gone to England, France, Germany, Italy, Jugo-Slavia, Bulgaria, Roumania, Turkey, Czecho-Slovakia, Austria and other countries to study conditions and buy many kinds of important materials in large quantities and ship them to the Rawleigh Factories.

Now grown into an international organization, Rawleigh employees go to primary sources of supply in many distant countries, often to isolated islands and to remote places in the interior.

They practically circle the world to secure raw materials from planters, producers, and first hands.

Recently these trips have been to West Africa for Ginger and Capsicum, to the West Indies, Mexico and the Indian Ocean for Vanilla, to Japan for Camphor, Menthol and Pyrethrum Flowers, to China for Cinnamon and Ginger, and to the East Indies for Pepper, Cassia, and Nutmegs.

The Company now has its own offices, warehouses and employees in Mexico, France, East Africa, Madagascar, and the islands of the Indian Ocean and its employees buy raw materials in Europe, Japan, China and the East Indies.

In Marseilles, France, the Company has its office for buying, caring for and forwarding materials. In Sicily, Dalmatia and in the Balkan States suppliers are producing and shipping Oils of Lemon and Orange, Sage, Pyrethrum, Ottar of Rose and other materials direct to the Factories.

On Zanzibar and Pemba Islands, where the Cloves grow, it has built new warehouses. Here a large staff of employees on the ground the year round buy large quantities of Cloves from Arab

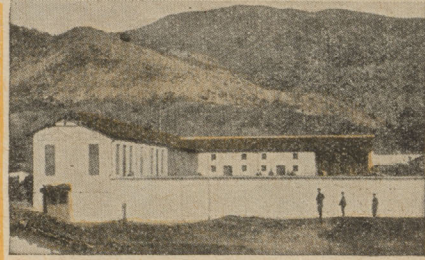
WIDE ACTIVITIES



Drying Cloves in Zanzibar



Where Otter of Rose is Produced in Bulgaria



Gathering Pyrethrum Flowers in Japan

planters and Indian dealers. With painstaking care the Cloves are selected, cleaned, sorted, packed and forwarded.

In Madagascar new offices and warehouses have been opened at Tamatave and at St. Mary's Island, where the finest Vanilla, Cloves and Geranium grow. Four hundred miles farther East in the Reunion Islands, Rawleigh's St. Denis Branch is buying the finest Oil of Geranium and Bourbon Vanilla from the distillers and curers.

On its tropical plantations on Grande Comore Island, the Company is planting, cultivating, buying and curing Vanilla and Ginger and some 75 employees are building roads, homes, warehouses and docks and producing some of its own raw materials, particularly Vanilla.

Cargo boats owned by the Company on the Indian Ocean gather Cloves along the Coast of Pemba Island and in the Comores Islands collect Vanilla, Ginger, Geranium, etc., at its Branch.

Down in Mexico a Rawleigh Branch, with bonded employees, office, warehouses and curing yards, buys Green Vanilla from planters and cures it for Rawleigh's Vanilla Extract.

In Japan the Company's employees go into the interior districts, where they buy Pyrethrum Flowers, Menthol Crystals, Camphor and Peppermint Oil from producers and ship these important raw materials to America.

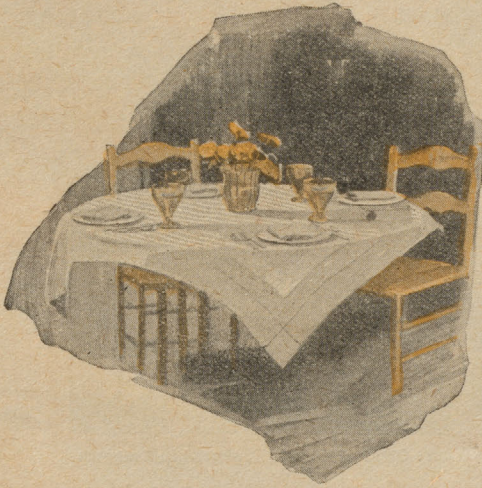
In China and the East Indies similar methods are followed to select and buy spices.

To maintain this world-wide organization requires large resources and enormous sales, but the Company obtains many advantages from its international activities, such as more complete and reliable information about crops, old and new stocks and market prices. The opportunity to deal direct with planters produces results in obtaining choice of qualities and often lower prices and makes the Company more independent of dealers and speculators, who try to manipulate markets, control stocks and raise prices.

With characteristic pioneering spirit, every year Rawleigh's is enlarging its organization at home and abroad, to give Customers and Consumers better Values and more satisfactory and complete Service in everything.

ATTRACTIVE SERVICE IMPROVES FOOD

R



The appeal of food to the aesthetic taste of a person is quite as important as the selection of the proper foods, properly balanced. It is growing more important as more of our people are taking up mental and sedentary occupations. A fatiguing day in the office, a weary day of wrestling with weighty mental problems, require the recuperating effect of good, nourishing food, the same as a day of hard manual labor. But it must be prepared with more care, so as to be attractive enough to tempt a jaded appetite. Of course, a man who has ploughed or exercised out of doors all day will become hungry enough to "eat anything," and we are apt to slip into serving anything, anyway, just so the hunger is satisfied!

A Scientific Fact

It is a well-known scientific fact that most of the digestion and assimilation of foods depends upon the flow of digestive, or "appetite juices," both in the mouth and the stomach. This appetite juice contains the necessary enzymes to digest food. Food is of no value to the body unless well digested and assimilated. The sight, smell and taste of food stimulates the flow of these appetite juices. This fact originated the use of the so-called appetizers. Thus the appearance, aroma and flavor of foods are distinctly important as an aid to proper nutrition.

To serve a food simply because it is "good for" your family is not enough.

In fact, that often destroys the appetite for it. The same food, attractively prepared and garnished, so that it appeals to the eye first, is often eaten with great relish, and this is the main function of garnishes, condiments, spices and flavorings. Not that they have any actual food value, but that they "dress up" plain foods and thus increase the food value by promoting better digestion and assimilation.

The table service itself holds a big part in this aesthetic appeal. The linen must be spotlessly clean and the silver always well polished, and the china and glassware attractive.

Daintiness in Serving Necessary

Daintiness in the actual serving of the meal is always necessary. A sprig of parsley, a slice of lemon, a dash of paprika, a sprinkling of nuts, an elusive, spicy smell or taste, a crisp lettuce leaf, a bit of whipped cream, or a candied cherry, often does more towards the relishing of a plain food than the food itself. It creates anticipation, and anticipation creates appetite, and with appetite there is better nutrition.

A dish of spinach seems like something entirely different when garnished with fresh lemon and rings of hard-boiled eggs, or bits of crisp bacon. A salad, crisp and fresh and garnished, has twice the appeal. A dash of paprika adds zest both to the sight and taste of creamed foods. An unusual spicy flavor converts plain apple sauce into something delightful. A little cream and a few nuts transform a baked apple! These things illustrate and constitute the art in cooking. They become culinary triumphs when foods are equally attractive in appearance and flavor.

All this is especially important in convalescent diets, where the appeal must be made first through the eye, due to a lack of appetite. And so, in planning menus, it is wise to spend as much care and thought on the attractive combinations of color and appearance of the meal, as on the actual preparation of the food-stuffs. A healthy contented family is the reward.

EMERGENCY DISHES WHEN COMPANY COMES

R

When guests arrive unexpectedly embarrassment may be avoided by having in mind several dishes which are attractive in appearance, and are easily and quickly prepared. Perhaps the attractive serving or garnishing of a food already prepared is all that is necessary. Meat, fish, or a vegetable may be creamed and served on toast or crackers to increase its attractiveness, as well as the apparent quantity, or a salad may give the desired effect.

The present day market offers a wide range of possibilities for keeping an emergency shelf of canned foods to serve a complete meal, thus providing suitable additions to any menu. To use these canned foods to the advantage of fresh ones is desirable. Bread crumbs, grated cheese, candied fruits, preserves, jams, jellies, salad dressing, and mint leaves add a final touch



to a meal and are easily prepared and kept ready for use.

Fish Fritters

- 2 c. cold cooked meat Salt
- 1 c. thick white sauce Rawleigh's Pepper

Pull fish apart in small pieces, using a fork. Season with salt and pepper and add to thick white sauce, then put in plate to cool. Shape, roll in crumbs, then in slightly beaten egg, and again in bread crumbs, and fry in deep fat. Drain and garnish with parsley. This recipe serves six people.

Sheppards Pie

- 1 cup cooked meat, ½ cup gravy or water
chopped Salt
- 1½ cups potato, Bawleigh's Pepper
cooked Paprika

Grind or chop cold meat and put in bottom of baking dish. Add gravy or water. Run potatoes through a ricer or sieve, season and pile lightly on top of meat. Bake in moderate oven until brown.

Hot Tomato Sandwich

- 1 pint tomato pulp
- 2 tablespoons green pepper (minced)
- 1 tbsp. onion (minced)
- 3 hard cooked eggs
- 2 tablespoons butter
- 2 tablespoons flour
- Salt
- Paprika
- Rawleigh's Pepper

Heat tomato pulp, onion, and a pepper. Blend butter and flour to a smooth paste and add tomato mixture. Cook until thick. Pour on slices of toast and put slices of cooked eggs in center of each.

Cheese Ramekins

- 4 tablespoons grated ½ cup bread crumbs
cheese ¼ teaspoon Raw-
- 2 tablespoons butter leigh's Mustard
- ½ cup milk ¼ teaspoon salt
- 2 egg yolks ½ teaspoon Raw-
- 3 egg whites leigh's Pepper

Cook milk and bread crumbs together until smooth. Stir often. Add cheese and butter and remove from fire. As soon as butter has melted stir in beaten egg yolks and seasoning. Let cool a little before adding the stiffly beaten egg whites. Bake in buttered ramekins for twenty minutes and serve at once.

Rice Pudding

- 2 cups cold boiled rice ½ pint shredded
1 cup whipped cream pineapple
- 4 tablespoons sugar Salt to taste

Add sugar to cream, combine rice, salt, and shredded pineapple. Add stiffly whipped cream. Mix thoroughly and chill. Garnish with nut meats or marachino cherries.

Scalloped Corn

- 1 can corn
- ¾ cup grated cheese
- 1 cup bread crumbs
- 2 tablespoons butter
- ½ teaspoon salt
- ¼ teaspoon Raw-
- leigh's Pepper
- 1 pint milk

Season corn and arrange a layer in baking dish followed by one of cheese, then crumbs and dots of butter. Repeat until ingredients are used. Top with crumbs and butter. Add milk. Bake ½ hour in moderate oven.



REASONS FOR THE VEGETARIAN DIET

R



It must be admitted that most of the arguments against a vegetarian diet are derived chiefly from prejudice. Vegetarians seem to be, like prohibitionists, regarded generally as food "faddists," or extremists. In reality, it is like prohibition, a fight of the few for the good of many. For flesh-eating, like alcohol-drinking, is directly and distinctly injurious.

The big argument for vegetarianism is that it is the natural diet of the human race. All research shows that primitive and prehistoric man did not include flesh in any form in his diet. It was only after the glacial period, when the great nut and fruit forests were destroyed, that he was compelled to seek flesh foods.

Nearly everyone concedes the science of evolution. Observation shows that the apes—most closely related to man—subsist almost entirely on vegetable foods, and their strength and endurance is not to be doubted. Flesh foods are unnatural because they are seldom eaten in their raw state. Also children must be taught the use of flesh as a food, but they accept the other foods instinctively.

Vegetable foods are practically free from parasites or germs of any sort. Flesh foods teem with them. Most of the germs cannot be destroyed by cooking and more develop from putrefaction. Laboratory reports show that a piece of beefsteak when purchased contains 16,800,000,000 putrefactive bacteria per ounce.

Twenty hours later this count has increased to 25,200,000,000 per ounce. These germs taken into the system cling to the intestinal walls, producing colitis, toxic poisoning, etc. Meats also contain active germs causing typhoid, tuberculosis, cancer, etc.

All the animals used for food are practically vegetarian themselves. The food passing through the bodies of these animals is not refined and improved, but is inoculated with all those poisons which are on the way to be excreted when the animal is killed. As all food comes originally from the vegetable kingdom, it is better and safer to take it first-hand rather than second-hand.

Meat is an incomplete food. It contains an excess of protein and lacks most of the essential elements. It is not so blood-building as fresh vegetables. Its iron is inferior in quality and much less easily assimilated. Meat is not a flesh-building food. It is only a tissue-builder, and in the average adult the amount required to repair tissue waste is so small that meat overtaxes the liver to detoxify, and the kidneys to excrete the excess protein. In the recent strength tests at Yale, the non-flesh eaters excelled in everything.

Meat eating tends to lessen mental efficiency and shorten life. It clogs the system with poisons, which in turn poisons the nerve and body cells, under which conditions no brain can work efficiently. Dogs are meat eaters. Their lives are comparatively short, and hunting dogs are not fed meat because it takes from their strength and endurance. Meat is an acid-forming food in the system; when taken in excess it promotes acidosis—the forerunner of all diseases which shorten life.

In a diseased condition the first step is always to curtail meat eating. Why? Because it introduces poisonous substances and disease germs into the body and encourages the production of body poisons through putrefaction, and the kidneys are bound to break down from continued strain. Cooking cannot alter this situation. And a flesh eater is exposing his body to all kinds of disease, ensuring himself a less efficient and shorter life. A vegetable diet furnishes, naturally, all the desirable food elements in their proper proportions—is alkaline in reaction—without the danger of noxious germs.

MEAT IN THE DIET

R

Meat has during years past held an important place in the diet and has been the cause of much controversy. Those who advocate its use tend to over-rate its value while some authorities condemn it entirely. Meat in the diet supplies protein and fat with a small amount of mineral. The meat and potato diet so commonly found in the average family, is at fault because while protein is necessary, an amount equal to one tenth of the day's food requirement is sufficient. Protein taken in excess of this amount is wasted as it cannot be stored for future use and is a poor fuel. Meats are expensive foods compared to starchy foods, vegetables, and grain preparations which are more valuable as fuel.

Eggs, cheese and milk provide animal protein very similar to that of meat with the advantage that they do not putrefy as readily and digest more completely, as would be expected from the fact that they are designed by nature for the nourishment



of the young during a period of rapid growth.

Meats are used by many who understand their value for the pleasant flavor, being served in small amounts to members of the family over ten years of age. Meat should be avoided by children as the higher flavor frequently causes dislike for milk which is a more desirable food.

Veal Chops

4 chops	½ teaspoon salt
½ onion	¼ teaspoon Rawleigh's Cloves
1 carrot	2 tbsp. melted butter
2 stalks celery	1 egg
¼ teaspoon Rawleigh's Pepper	1 cup cracker crumbs

Cook chops in a stew pan, with onion, sliced carrot, celery, and seasoning, covered with water. When tender drain, season with salt and pepper, dip in beaten egg, then crumbs and fry in deep fat. Serve in platter with vegetables in slightly thickened gravy.

Hamburg Steak

2 lbs. hamburg steak	Few grains of Rawleigh's Nutmeg
2 teaspoons salt	2 cups soaked bread
1 tsp. Rawleigh's Pepper	2 eggs
	1 medium onion

Combine chopped steak with seasoning and finely chopped onion. Soak stale bread in water until soft, squeeze lightly, crumble and combine with meat. Add slightly beaten egg and mix. Shape into cakes and saute. It may be shaped into a loaf and baked if preferred.



Chicken Salad

Cold left over chicken	Mayonnaise dressing
Radishes	Lettuce leaves
1 tomato	1 cucumber
1 green pepper, sweet	

Cut chicken into thin narrow strips 3 or 4 inches long. Arrange bed of lettuce leaves, cover with strips of chicken, garnish with red radishes, which have had the peeling turned back at one end, slices of cucumber, rings of pepper, and slices of tomato. Serve with salad dressing.

Brain In Batter

1 lb. brains	1 teaspoon salt
1 egg	1 tsp. melted butter
½ cup milk	Flour to make medium batter
¼ teaspoon Rawleigh's Pepper	Deep fat

Beat egg, add milk and seasoning, add flour beating to a smooth batter the consistency of heavy cream. Cut the brain into thin pieces the size of a fritter, season, dip in the batter and fry until crisp in deep fat. If preferred they may be sauted. Serve immediately.

GAMES FOR HEALTH

R



Physical education is coming back to fundamentals. Attention is turning to those immemorial racial forms of activity that were part of the physical education of primitive man and are important forces today in determining physique and development. We are seeking for Nature's way and the use of activities that are primary, fundamental and racial and as natural as the play activities and physical exertions of young animals or children and with the spirit and inspiration of games and contests and trials of both physical and mental alertness and co-ordination.

The Athletic Badge Tests for Boys and Girls, prepared by the Playground and Recreation Association of America and printed in a booklet by the Bureau of Education should interest every school, or group of boys and girls, teachers and parents. Older people can do much to maintain youthful health and activity by enjoyment of games that give natural and not too heavy exercise.

The Tests for boys include the pull-up (chinning) rope climb, 50 or 100 yard dash, baseball throw for distance or accuracy, jumping, high and broad. The Athletic Badge tests for girls include balancing, potato race, All-up Indian Club race, 50 yard dash, basket ball throw, indoor baseball throw, volley ball service, tennis service.

Rooster Fight. Two boys stand in 7-foot circle. Each grasps left foot behind him with right hand and with left hand grasps right arm behind back. At signal they hop at each other and try to make each other fall or loose his arms.

Hand Wrestling. Two persons grasp each other's right hand and take firm stand with feet. Then by pulling or pushing with right

hand each tries to unbalance the other and cause to move feet from tracks.

Pull Stick. Two sit on ground facing and place feet of one against feet of other. They grasp a broomstick, held crosswise between them, above toes. At signal each tries to pull other up. The one who lets go or is pulled from the sitting position loses.

Jump Stick. Hold a straight stick in front of you with both hands. Jump through arms and over stick. Then jump back.

Balancing. Hold left foot with left hand at ankle behind you. Now touch the knee to floor and recover without losing balance.

Horseshoe Pitching for the grown-up is becoming popular and contests are frequently held. It is good sport and good exercise that develops skill. It is inexpensive and suitable for most any place or occasion.

Tag Games. In Hindu tag a player is safe from being touched only when his or her forehead is touching the floor. In Japanese tag the player touched must place his left hand on the spot touched and in that position must chase the other players. In stiff-knee tag all players keep stiff knees. In nose-and-toes tag players are safe only when the nose is held in one hand and at the same time the toes of one foot with the other hand.

Hop Toads. Players join hands and form circle. One in center holding rope with beanbag, tied at end, swings rope in circle, enlarging it till beanbag comes in line with feet of toads in the circle, who must hop as it passes to avoid being hit by the bag. One hit by the beanbag must take place of center toad.

Twin Race. Two boys constitute a team. One must carry the other on his back. At the half way mark they change places and proceed. The race should be about 30 yards.

Swimming. A log, or a water tight barrel in the water affords amusement to a group who in turn try to ride it either standing or astride. An inflated inner tube of an automobile tire is very buoyant in the water and affords amusement. Every person should have a bathing suit and opportunity to go in the water and learn to swim. An outdoor swimming tank of concrete is a wonderful health and pleasure asset for any community without a natural bathing beach.

FOOD FOR KIDDIES' PARTIES



To make the luncheon for the Kiddies' party different and attractive yet not provide foods unsuitable for people of their age is at times baffling. Much of the value of the foods served is in their appearance and appeal to the imagination of the kiddies.

When a party is to be given decide upon an appropriate scheme then have foods, games and decorations conform with that scheme. Plain cookies, sponge cake, and plain sandwiches may be served to render them highly enjoyable to the little guests if in shapes that represent characters they know. With the help of various cooky cutters, chopped nut meats and icings, unlimited effects may be obtained.

For the skating or coasting party or other winter affairs where the luncheon follows outdoor games, hot dishes are most desirable.

The foods served are best selected from those which do not destroy the appetite for the next meal or overload the child with sweets. All cakes of the plainer type contain highly nutritious food substances beneficial to the child, and when prepared with little fats other than butter and without rich frosting, may be used freely without danger.



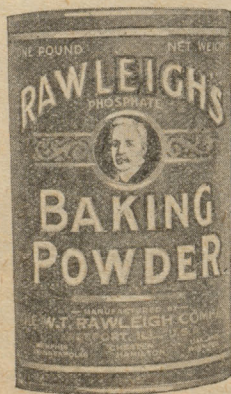
Chocolate Mint Wafers

Melt together a few mint creams and an equal amount of chocolate. After thinning mixture sufficiently with water, pour over vanilla wafers or very thin cookies. Made at a minute's notice.

Lady Cakes

½ cup butter	2 tsp. baking powder
1½ cups gran. sugar	Whites 4 eggs
¾ cup water	1 cup chopped walnut
2¼ cups flour	or pecan meats
1 tsp. almond extract	Tiny pinch salt

Cream very smooth butter and sugar. Add in alternate spoonfuls flour which has been sifted with baking powder and salt, and the water. Fold in the stiffly beaten whites of 3 eggs, reserving the fourth, also the flavoring and the nuts, and bake in a sheet, greasing and buttering the pan, for 15 minutes. Cut in oblongs, about an inch wide by 2½ inches long, and ice with reserved egg white beaten with ¾ cup powdered sugar, and a few drops of the almond extract.



Filled Cookies

1 cupful shortening	1 teaspoonful Vanilla
1¾ cupfuls of sugar	½ teaspoonful salt
2 eggs	2 tsp. baking powder
1 cupful of milk	5½ cups pastry flour

Mix and roll thin and cut in circles, spread half the circles with the filling, place the other circles over them and bake at 375° F. until lightly browned. The filling may be marmalade, jam, or the following fruit filling: Grate the rind of one orange and extract the juice, add one cupful each of figs and raisins chopped fine, one cupful each of grape juice and water and a half cupful of sugar. Cook until thick. Use when cool.

Eureka Picnic Sandwiches

1 small can tunafish	1 teaspoon salt
3 hard boiled eggs	½ tsp. white pepper
1 cup English walnuts	1 cup boiled salad dressing
6 small sweet pickles	

Mince fine the fish after scalding and draining. Put through the meat chopper, using fine knife, the pickles, nut meats and the whites of the hard-boiled eggs. Press the yolks of the eggs through a fine sieve. Combine the ingredients, add salt and pepper, then the salad dressing with a few capers if on hand. Mix with a fork very thoroughly. Slice dinner rolls or unsweetened buns so as to make of each 3 slices. Butter the top and bottom slices and put in a spread of the prepared filling.

THE FEAST OF YOUR A-B-C's



Just as the alphabet is the basis of learning so are the Vitamin A B C's essential to maintain health and promote normal growth and organic functions in children. Since scientists have discovered the three vitamins nutrition has become important in the prevention of disease.

The Food A B C's are three vitamins, the deficiency or absence of which in the diet may result in certain diseases whose symptoms disappear when foods rich in their substances are given.

Vitamin "A" is largely found in fats and when deficient in the diet symptoms of rickets and sore eyes may develop as well as lack of normal growth.

Vitamin "B" is found in fresh vegetables largely, and the deficiency of it may be followed by beri-beri, a nerve disease.

Vitamin "C" is common to the acid fruits and when lacking in sufficient quantity in the diet scurvy may develop.

Vitamin "D" is supposed to guard against disease and to work in conjunction with the others.

Individual food needs must be considered in planning the family menu, since the growing child requires minerals for bones, teeth, blood, nerves, and the regulation of organic functions, while the adult needs more coarse vegetables, whole grain cereals and coarse breads to stimulate intestinal activity. To supply his needs the child must have fresh fruits, green vegetables, eggs and milk.

When planning the family meals, grouping foods according to their nutritional value is beneficial.

1. **Cereals**—supply energy and protein, but little mineral and vitamin.
2. **Sweets**—supply energy but are poor in vitamin or minerals.
3. **Fats**—source of fuel and some fats are rich in vitamin A.
4. **Meats**—supply protein and are usually poor in minerals and vitamin.
5. **Fruits**—supply mineral and vitamin.
6. **Vegetables**—supply mineral and vitamin.
7. **Milk**—a complete food providing mineral, protein, fuel and vitamin in a most desirable form.

The following table of foods should be kept at hand for use when deciding the foods for a meal as it shows quickly which foods are rich in the various vitamins and makes a balanced proportion of the three easy. Without sufficient quantity of foods rich in each of the A B C's there cannot be health or normal growth.

VITAMINS IN FOODS

	"A"	"B"	"C"		"A"	"B"	"C"		"A"	"B"	"C"
Bread, white (water) ---		‡	§	Cottage Cheese -----	‡	*	*	Parsnip -----		‡‡	*
" , whole wheat (water)	‡	‡‡		Eggs -----	‡‡	‡	‡	Peas -----	‡‡	‡‡	‡
" , " (milk)	‡‡	‡‡		Almonds -----	‡	‡	*	Potatoes, Baked -----	‡	‡‡	‡
Corn, yellow -----	‡	‡‡	§	Cocoanut -----	‡	‡‡	*	Sweet Potatoes -----	‡‡	‡	*
Oats -----		‡‡	§	Peanuts -----	‡‡	‡‡	*	Radish -----	*	‡	*
Meat, lean -----	\$to‡	‡	‡	Walnuts -----	*	‡‡	*	Rutabaga -----	§	‡‡	‡‡‡
Beef Fat -----	‡	§	§	Tomatoes (raw or canned)	‡‡	‡‡‡	‡‡‡	Spinach, Fresh -----	‡‡‡	‡‡‡	*
Mutton Fat -----	‡	§	§	Beans, Navy -----	‡‡‡	‡‡‡	§	Squash, Hubbard -----	‡‡	*	*
Oleomargarine -----	‡	§	§	" , String (fresh) -----	‡‡	‡‡	‡‡	Apples -----	‡	‡	‡
Liver -----	‡‡	‡‡	*	Cabbage, Fresh, raw -----	‡	‡‡‡	‡	Bananas -----	‡	‡	‡
Fish, lean -----	§	‡	*	" , Cooked -----	‡	‡‡	‡	Grape Juice -----	*	‡	‡
" , fat -----	‡	‡	*	Carrots, Fresh, raw -----	‡‡	‡‡	‡‡	Grapefruit -----	*	‡‡	‡‡
Milk, fresh -----	‡‡‡	‡‡	‡	" , Cooked -----	‡‡	‡	‡	Lemon Juice -----	*	‡‡	‡‡‡
" , condensed -----	‡‡‡	‡‡	‡	Cauliflower -----	‡	‡‡	‡	Orange Juice -----	‡	‡‡	‡‡‡
Buttermilk -----	‡	‡‡	‡	Celery -----	‡	‡‡	‡	Prunes -----	*	‡	§
Cream -----	‡‡‡	‡‡	‡	Dandelion Greens -----	‡‡	‡‡	‡	Raisins -----	‡	‡‡	‡
Butter -----	‡‡‡	‡‡	§	Lettuce -----	‡‡	‡‡	‡‡‡				
Cheese -----	‡‡	‡	*	Onions -----	*	‡‡	‡‡				

‡ — Contains the Vitamin.
 ‡‡ — Good source of the Vitamin.
 ‡‡‡ — Excellent source of the Vitamin.
 * — Evidence lacking or insufficient.
 § — No appreciable amount of the Vitamin.

THE INFANT'S FIRST DISHES

R

Start your child on the road of life with a strong, well nourished body by developing in him proper food habits at that important age when he changes from liquid to solid foods.

The vitamin and mineral content of the infant's foods are equally as important as the protein, carbohydrate and fat, since at this time teeth, bones and nerves are developing and requiring more, especially of the calcium, iron and phosphorus than milk supplies. Carrot, spinach, egg yolk, prunes, tomatoes and cereals, especially rolled oats, contain these minerals and carrots, tomato and orange juice supply vitamins, thus we have the first foods added to the milk diet. All solids must be given gradually, beginning with just the liquid or juice, then some strained pulp and finally pulp alone. All foods given the child before the first 12 to 18 months should be put through a sieve after thorough cooking. Foods are best served without sugar.

The milk is gradually decreased as solids are added, but should never drop below a quart a day and the orange or tomato juice should be continued.

Apple, rice, tapioca, potato and egg white are given after the first year, but must not replace the previously mentioned foods as



they do not supply as much mineral or vitamin which are essential to growth.

Meat is unnecessary before the sixth year, as milk and eggs furnish a more complete and easily digested protein without the danger of putrefaction as with meat.

When any food is refused it should be served again after a day and the child induced to eat a small portion, repeating until a taste is developed. Children should be encouraged to eat the bulky vegetables, coarse breads and cereals and foods rich in minerals and vitamins.

Spinach Soup

2 tbsp. spinach pulp 2-3 cup milk
1-4 teaspoon salt

Cook the spinach until tender in as little water as possible. Rub through a fine sieve and measure. Combine with warm milk and salt.

Spinach is a desirable source of iron.

Rice and Prunes

1-4 cup rice 1-8 teaspoon salt
1 cup water 6 prunes

Soak prunes until soft. Add to rice when put on to cook. When both rice and prunes are completely cooked strain through a sieve. Can be served warm or allowed to jell. Prunes supply iron for blood building and are laxative.

Baked Apple Sauce

6 large ripe apples 2 tbsp. sugar
1 cup water

Pare, core and cut apples into eighths. Add water and cook until soft. Run through a sieve to remove any hard particles. Put into a buttered baking dish, sprinkle the top with sugar and brown in the oven.

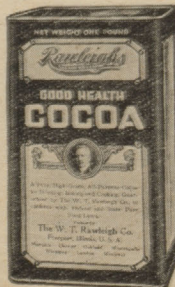
Rollled Oats Jelly

2 cups water 1-2 teaspoon salt
4 tbsp. rolled oats

Have the water boiling, add salt and drop in the oats slowly, stirring constantly. Cook in a double boiler for 4 hours stirring frequently. Strain through a fine sieve, serve as gruel or cool and serve as jelly cut in small cubes with milk.

If the children won't eat cooked cereal without sweetening, add raisins, dates or prunes to it and let it be sweetened with these natural fruit sugars. Fruit may also be combined with ready-to-eat cereals.

Common sense dictates that we teach children to eat cereals, vegetables, milk and fruit. Avoid giving them sugars, overly-sweet, highly seasoned and stimulating foods. A child does not crave what he has never tasted. The easiest way to keep undesirable foods from him is to keep him from tasting them at all until he is old enough to have them without danger to his health and taste.



THREE TIMES A DAY

R



Eat, Eat, Eat! That is one of our most regular, necessary and enjoyable pastimes. What we eat largely determines our health, strength, efficiency and length of life. Appetite, habit, convention, acquired taste and occasion govern kind and amount of food rather than common sense or any measure of food requirements or values.

We eat three times a day and often between meals and let the waste of food accumulate in the system to be removed once a day or less frequently, which is far worse than clearing the table and washing the dishes but once a day. But it's convention and convenience and habit. And intestinal stasis, a standing still of the bowels, is an all but universal malady.

The waste does more than accumulate. It ferments, putrefies, and breeds harmful bacteria and becomes saturated with poisons. In contact with delicate, sensitive tissues that absorb nourishment to the system lies this mass of poisonous putrefaction, creating disorder and disease with its acidosis and toxemia.

If the waste products are kept constantly on the move and disposed of in due time, which is within 12 to 18 hours from the time they are taken

into the body, they have no time to putrefy by breeding bacteria and becoming toxic. The bowels must move or health is endangered. To be normal and natural they must move at least three times a day and after each meal. Each meal stimulates activity and so starts the movement of all food remaining in the intestines from previous meals. With the right diet and making the effort it is easy to establish the normal activity.

Eat less proteins and acid forming foods, especially meat. Eat cellulose and alkaline foods. Drink more water between meals. Get a rational amount of exercise and sleep. Empty the waste of the intestines three times a day. Such a condition will make impossible most of the physical disease to which most of us are heirs.

Laxative medicines cannot give you health. They alone cannot cure constipation. They should only need to be resorted to in acute cases to hasten delayed bowel movements which follow indulgence in our most popular error of wrong eating and constitute our most popular complaint.

But the bowels must move and laxative medicines are more needed and used than all others and will always be needed because of the errors and indiscretions of eating and inconvenience of elimination.

A most complete and satisfactory line of laxative medicines, made from the best scientific ingredients known and safe, dependable and effective can be delivered at your home on approval by the Rawleigh Retailer. They include Rawleigh's Fruit Salts, that make an effervescent alkaline water laxative; Laxative Tablets, a candy laxative, easy to take; Tonic Laxative, a liquid laxative that assists the natural functions; Cathartic Pills, Laxative Tea, and Nux and Iron Tablets, an alterative and tonic as well as laxative to cleanse the intestinal tract.

Ask the Rawleigh Retailer to explain their usefulness and to leave you those best adapted to the needs of your family.



AIDS TO BEAUTY COMFORT and HEALTH



The chief pillars of beauty are cleanliness and strength of body, mind and spirit. Health is the substance of that combination. Beauty is the accompaniment of strength and clean blood because the clear skin and fresh, wholesome look are the expressions of vitality and energy of body, mind and spirit that emphasize personality.

True beauty goes deeper than the skin and the finest complexion is put on from the inside and is merely a sign of inner wholesomeness.

The best cosmetics are water inside and out, simple natural food, fresh air and plenty of exercise. Skin health is more important than what goes onto the surface to cover imperfections or heighten effects.

Soap and water and the bath most individually suitable, that leaves you feeling best, whether sponge, spray, shower, plunge or tub is the first natural requirement after food and clothing. A vigorous dry rub when the water bath can't be taken and the oil rub for dry skins are beneficial.

The air bath is valuable because our skins do not get enough air and light. A skin used to the air and sun is not sensitive and does not easily take cold.

The skin is closely associated with the kidneys and bowels in eliminating body waste. The inside bath and cleanliness are therefore necessary. We need six to ten glasses of water daily for if the kidneys and bowels do not do their work regularly the skin must suffer as well as the whole system and they can't work without water. Internal uncleanliness is worse than that on the surface.

Making the most of your beauty and care and attention to personal appearance are duties you owe. We all have a natural right and desire to be beautiful and can improve upon nature by proper use of judiciously chosen Toilet Preparations. The bloom of youth endures where the bloom of health is fostered.



Cleanliness, comfort, pleasing appearance, necessary care of the skin, hair and teeth, and absolute harmlessness are the first requirements in toilet preparations to make them worthy a place as Good Health Products.

Scientific value and practical usefulness are combined with good taste, daintiness, delightful fragrance and the character that adds the touch of charm through the skill of health and beauty specialists in Rawleigh's exquisite Toilet Preparations.

For every toilet need, for every skin or complexion, for thorough health, and cleanliness, for that pleasing touch of daintiness that adds to natural beauty and grace, the Rawleigh Retailer has both quality and variety to please all.

It will be a treat to examine the Rawleigh Toiletries and to try them at your leisure and make your selections.

Pure cleansing Soaps and Shampoos, soft, soothing Powders, cleansing, skin-softening Creams and Lotions, Antiseptic Solution, Face Powder and Rouge for every complexion, dainty Perfumes, the distinctive, harmoniously fragrances TreVere Toiletries, quality Tooth Brushes and Dentifrices that clean and preserve the teeth and afford hygiene of the mouth, and Shaving Cream for the men are some of the Rawleigh Products that add to comfort and beauty and promote cleanliness and health.

Select this better kind the better way deliberately in the quiet of your home, uninfluenced by fad or fashion, or glaring display or the attraction of special sales.

CHEESE AS A FOOD

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Cheese is an inexpensive, attractive, and completely digestible form of protein which few housewives understand and appreciate. Aside from milk it is one of the best sources of protein, and due to its pleasing flavor may be used in combination with more bland foods to render them appetizing, add variety to the meal and increase the fuel value. Cheese is rich in fat and protein, also a large proportion of the calcium and phosphorus salts from the milk are retained. Thus it is best served with carbohydrates as rice, macaroni, and starchy vegetables as a meat substitute. That cheese is constipating is not proven, so it should not be avoided for that reason.

Cottage cheese is desirable as it contains all of the mineral salts of milk with less fat than other kinds of cheese.

Cheese Tartlets

2 tbsp. butter	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup flour	Paprika
3 egg yolks	Rawleigh's Nutmeg
2 tbsp. water	3 tbsp. cream
$\frac{1}{4}$ teaspoon Rawleigh's Pepper	

Cut the butter into the sifted flour. Add the water to the egg yolk (beaten). Stir into the above mixture. Roll out to $\frac{1}{3}$ inch thickness. Line individual tins with the paste. For the filling, beat up the 2 egg yolks till light. Stir in the grated cheese, cream, pepper, paprika, salt and nutmeg. Fill the tins about half full. Bake 20 minutes in a moderate oven.

Concord Tomato Salad

Peel and chill tomatoes in the icebox. Mix 1 cream cheese into a smooth paste with a little cream; season with salt, cayenne pepper and mu tard. Scoop out the tops of the tomatoes and fill with the cheese mixture, placing each one on a nest of lettuce leaves. Serve with mayonnaise or cold boiled dressing.

Baked Tomato and Cheese

1 can of tomatoes	Celery salt
$\frac{1}{2}$ lb. cheese	Rawleigh's Pepper
$\frac{1}{2}$ loaf stale bread	Salt
Rawleigh's Red Pepper	1 teaspoon sugar

Take a medium sized baking dish, and cover the bottom with bread cut in small-sized cubes, then a layer of cheese cubes, alternating the two until the dish is about half full. Season a can of tomatoes with salt, pepper, sugar, onion salt, celery salt and a dash of red pepper. Pour the tomatoes into the baking dish, grate a little cheese over the top and bake.

Scrambled Eggs With Cheese Sauce

6 eggs	Butter or margarin
$\frac{1}{2}$ cup cream sauce	2 oz. grated cheese
	Salt and paprika

Beat up the eggs lightly, and pour into a frying pan, into which two tablespoons of butter have been placed. Do not have the pan too hot or your eggs will not be creamy and smooth as scrambled eggs should be. Add the white sauce, to which the grated cheese has been added and the seasonings. Scramble with parsley, stuffed olives, or minced pimento. Do not let your scrambled eggs harden.

Cheese Dreams

6 slices bread	$\frac{1}{4}$ pound cheese
Butter	1 egg
	$\frac{1}{2}$ cupful milk

Spread the bread lightly with butter. Slice the cheese and place it between slices of bread. Cut each sandwich into halves. Dip into the mixture of the beaten egg and milk. Fry on both sides until brown.

Dried Beef Rarebit

2 tbsp. butter	$\frac{1}{4}$ cupful cheese—
$\frac{1}{2}$ cupful chipped	grated or chopped
dried beef	
$\frac{3}{4}$ cupful tomatoes	4 eggs

Melt the butter in the chafing dish, add the chipped dried beef, and allow to crisp. Pour in the tomatoes and heat thoroughly. Add the cheese and stir until melted. Break the eggs into the mixture and stir until thickened. Serve hot on squares of buttered toast or crackers which have been browned.

BREAKFAST MADE INTERESTING

R

Do your children gulp a cup of tea or coffee followed by a half chewed roll or piece of toast on their way to school? If so do they also complain of headache or eye trouble, while you wonder why they do not make as high grades in school as you wish?

During the hours of sleep the food supply is used in repair of tissue in preparation for a new day. Morning is the time to accomplish work, but brain nor muscles can work effectively without nourishment, and tasks so done are at the cost of strain to nerves and organs resulting in undermined health and less effective results.

The breakfast menu should contain foods which are readily and easily digestible, also some which a little slower of consumption, supply nourishment until the middle of the morning. Fruit is stimulating to the whole digestive tract and usually attractive in appearance and flavor. The cereals should also always be included as they with milk form a quick body fuel and offer a wide variety of choice. Whole grain cereals with milk are best as they stimulate intestinal activity and supply minerals and vitamins. The heavier foods for breakfast should be determined by the needs of each family. For



sedentary workers little is needed other than toast or bread, and a sweet as preserves or jam, while active growing children or active workers need another nutritious dish. A poached egg on toast is especially good.

The menu should be varied each day, always having one favorite food or some attractive surprise dish. Fried foods are best avoided for children but cocoa or milk to drink should always be given.

Hot Ham Toast

- | | |
|----------------------------------|------------------------|
| 1 cup minced ham | 1 tbsp. minced parsley |
| 2 tbsp. creamed or melted butter | Salt and paprika |
| 2 egg-yolks. | Buttered crumbs |

Add the beaten eggs and the cream to the minced ham, seasoning to taste with salt and paprika or pepper. Heat thoroughly and pour on slices of bread toasted a nice brown. Mix the parsley with about half a cup of buttered crumbs, sprinkle over the ham and brown quickly in the oven. This is a nice dish to make for breakfast when you have cold ham in the house.

Plain Muffins

Sift 2 cupfuls flour, 4 teaspoonfuls baking powder, and 1-2 teaspoonful salt together. Cut into it 6 tablespoonfuls shortening. Add 1 beaten egg yolk and 1 cupful milk and fold in 1 stiffly beaten egg white. Bake in oiled muffin tins and use part of the muffins for short cake, cutting them in halves and inserting a layer of fruit and topping with cream.

Date Biscuit

- | | |
|------------------------------|---------------------------------|
| 1 cup sweet milk | 1-4 cup light brown sugar |
| 1 1-2 cups graham flour | 4 tsp. Rawleigh's baking powder |
| 2 tbsp. butter or shortening | 1-2 cup chopped dates or figs |
| 1 well-beaten egg | |
| 1 level teaspoon salt | |

Scald the milk to the boiling point; then add the butter and sugar. Combine the flour, salt and baking powder and sift. Stir this into the wet ingredients with the egg added. Beat up about three minutes; then stir in the chopped dates or figs dredged with a little flour. Fill the gem pans nearly two-thirds full and bake a golden brown in a rather quick oven. These are excellent to serve with marmalades for breakfast.

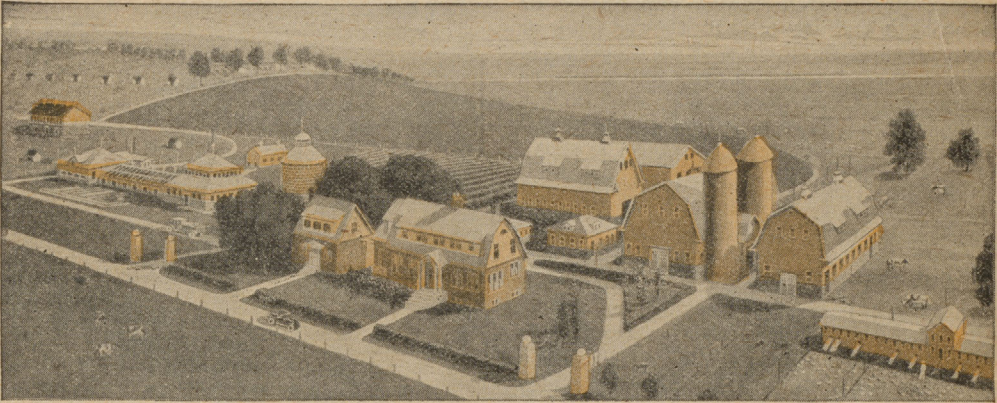
Tongue With Cream Sauce

Use the canned tongue which comes in glass jars and heat it in a cream sauce made like that to which carrots and peas are added. Serve with toast.



RAWLEIGH'S IDEAL FARMS

R



On the Grant Highway a mile west of Freeport, Illinois, admired by thousands of travelers and visitors and of interest to farmers and stock and poultry raisers throughout the United States and Canada are Rawleigh's Ideal Farms of 680 acres.

These farms consist of rich bottoms and gently rolling uplands and are modernly equipped with many complete, yet practical buildings and stocked with the finest of pure bred stock and poultry. They provide a practical means of demonstrating the great value and the best methods of using all of Rawleigh's Veterinary Preparations, Stock Remedies and Poultry Supplies and Dip and Disinfectant so as to secure the greatest benefits in actual farm use.

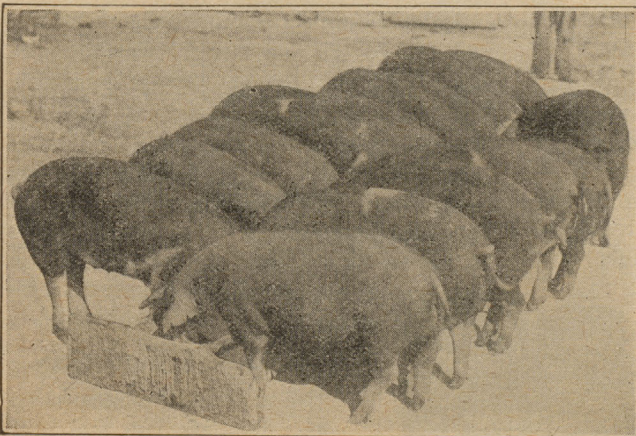
Not primarily for profit but to build and make available a large and valuable service to the live stock industry, one of our prime objects is to produce the best pure bred breeding stock possible and to sell it at reasonable prices so as to make it available to farmers and breeders for the improvement of their herds.

Ideal Poland China Swine combine size, quality and prolificacy. One sow produced 22 pigs in one litter and 70 pigs in four consecutive litters in 18 months.

Our Holstein herd includes world and state champion producers and many remarkable individuals headed by sires of most distinguished ancestry and national prominence.

Prize winning flocks of Barred Rocks, White Rocks, White Wyandottes, White Leghorns, Anconas, and Rhode Island Reds provide eggs and stock birds that will improve the quality of farm flocks of poultry.

Young stock is all carefully culled and only extra select stock meet our high standards and are reserved for breeding. Choice stock of the right blood lines, type and quality and guaranteed to give satisfaction are usually available. If interested in better breeding stock, write for descriptions and prices to The W. T. Rawleigh Company, Freeport, Illinois, for full particulars.



WORLD'S CHAMPION TON LITTER
18 pigs farrowed, 16 raised weighed 4789 pounds at 180 days.
Another litter of 15 weighed 4511½ pounds. Both litters bred and raised at Rawleigh's Ideal Farms.

INCREASING STOCK *and* POULTRY PROFITS



There can be no greater service to mankind than to help increase the production of the world's food supply and those farmers and stock raisers who co-operate to raise more and better stock, to add to the supply of meat and dairy and poultry products or to reduce losses are bound to benefit by larger, more economical production.

Most of the injuries, diseases and troubles affecting stock and poultry, if not preventable, are easily overcome if prompt and proper measures are taken. For the frequent ailments, such as wounds, colic and bloat, bowel troubles, roup, lice, colds, general unthriftiness and mal-nutrition, reliable remedies should always be on hand in every barn and poultry house and should be used promptly when there is need of aid in restoring and maintaining healthy, thrifty, productive condition.

For many years Rawleigh's has been assisting stock and poultry raisers to stop the losses, to increase production economically and to turn feed into profits through herds and flocks. To do this it has supplied the largest, most complete, scientific, practical, useful, largest selling and most satisfactory line of medicines, applications, specifics, disinfectants, insecticides and veterinary products and poultry supplies sold direct throughout the United States and Canada.

Rawleigh's originated and is the only manufacturer to make pure All-Medicine Hog Mixture that is more than a mineral mixture, food or tonic and several other specifics not obtainable elsewhere. It was one of the first to make and sell a poultry powder containing the elements that the systems of fowls require for health and growth and heavy laying. Rawleigh's has always made a standardized Dip conforming to a definite and very high standard of strength and quality and has the largest Dip and Disinfectant Factories in America.

By every laboratory and practical farm test Rawleigh's makes sure of the quality, effectiveness and reliability of these Products and the savings, benefits and profits secured from their use.



The tremendous and increasing sales of Rawleigh's Stock and Poultry Remedies and supplies and their very general use in herds and flocks throughout the United States and Canada is proof that this service is valuable and owners of stock and poultry are interested in preventing disease and loss and promoting profitable production.

Farmers and stock and poultry raisers should keep on hand these most reliable and needed remedies and supplies for regular and emergency use. Use them as needed with a guarantee of satisfaction. Saving one valuable animal or a week's increase in production more than pays for all you use.

Ask the Retailer for the valuable book, "Rawleigh's Ideal Farming," which treats of live stock or "Rawleigh's Ideal Poultry Raising" and have him show and explain and leave you any of his Products you need.

Rawleigh's Veterinary Preparations include Dip and Disinfectant, All-Medicine Hog Mixture, Stock Tonic, Fly Chaser, Colic and Bloat Ease, Liniment, Camphor Balm, Application, Healing Powder, Healing Salve, Louse Killer.

Rawleigh's Poultry Supplies include Poultry Powder, Roup Powder, Louse Powder, and Disinfectant.



GO SHOPPING AT HOME



You can do your shopping at home for about 150 household necessities of almost daily usefulness when the Rawleigh Retailer calls. When you want more Products send direct to your Retailer. If you haven't his address, send your order to the nearest Rawleigh Factory or



Branch, inclosing the price of the Products you order and they will be sent to you promptly. Consumer's price list and order blank will be sent on request. The best way is to have the Retailer stock you up with all you will need on his regular calls.

'Tis Better To Have Them And Not Need Them Than To Need Them And Not Have Them

Medicines
 Liniment
 Anti-Pain Oil
 Camphor Balm
 Anti-Pain Plasters
 Aspirin Tablets
 Medicated Ointment
 Mustard Ointment
 Healing Salve
 Catarrhal Relief
 Cough Syrup
 Cold Tablets
 Cough Lozenges
 Cod Liver Oil Ext.
 Nux & Iron Tablets
 Ru-Mex-01
 Laxative Tablets
 Cathartic Pills
 Tonic Laxative
 Laxative Wafers
 Laxative Tea
 Fruit Salts
 Antiseptic Solution

Medicines (Continued)
 Diuretic Tablets
 Headache Tablets
 Worm Lozenges
 Application for Corns
Extracts and Spices
 Vanilla Compound
 Vanillin & Coumarin
 Lemon Strawberry
 Mixed Wintergreen
 Orange Maple
 Banana Cassia
 Red Color Almond
 Pineapple Peppermint
 Black Pepper
 Whole Mixed Spice
 Cinnamon Allspice
 Mustard Sage
 Nutmeg Cloves
 Ginger Red Pepper
Toilet Preparations
 Complexion Powder

Toilet Preparations (Continued)
 Rouge
 Cold Cream
 Dental Cream
 Tooth Powder
 Talcum,
 Hair Tonic
 Shampoo Jelly
 Liquid Shampoo
 Sweet Clover
 Vanishing Cream
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 Toilet Waters

Toilet Soaps
 Vegetable Oil
 Cocoa Castile
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 Transparent Economy
 Shav. Cream
 Cocopalms
 Pine Tar

Food Products
 Baking Powder
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 Cocoa
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 Chewing Gum
 Washing Powder
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Veterinary and Poultry Preparations
 Fly Chaser
 Louse Powder
 Hog Mixture
 Stock Tonic
 Dip and Disinfectant
 Poultry Powder
 Roup Powder
 Colic and Bloat Ease
 Healing Powder
 Application

Your Account With the Rawleigh Retailer

DATE March 1 1926
 Amount Unpaid \$.....
 for Products previously delivered
 Products left this trip \$ 51.01
 Total \$ 2.98
 Amount Received \$.....
 in Payment this Date
 Balance Unpaid \$.....

DATE July 3 1926
 Products left this trip \$ 7.60
 Total Account \$.....
 Amount Received \$ 2.00
 this Date on Account
 Balance Unpaid \$ 2.60

DATE Nov 23 1926
 Balance Unpaid \$.....
 Products left this trip \$ 4.10
 Total Account \$.....
 Amount Received \$.....
 this Date on Account
 Balance Unpaid \$.....

DATE..... 192.....
 Products left this trip \$.....
 Total Account \$.....
 Amount Received \$.....
 this Date on Account
 Total Account \$.....



About thirty million people now welcome the regular visits of the Rawleigh Retailer to their homes. They have found that Rawleigh Methods, from Producer to Consumers, give them the most direct, complete, economical and satisfactory Service in supplying their Household Necessities.

*It Pays to Trade with The Rawleigh Man
On His Pay-After-You-Are Satisfied Plan,*
because he brings the best values and guarantees complete satisfaction or no sale.

*From Producer to Consumer
The Greatest Industry
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