

1920

Volume X.

1920

HANG ME IN THE KITCHEN

HELPFUL

HINTS

FOR HOUSEKEEPERS

COMPLIMENTS OF

The Dodds Medicine Co.

LIMITED

TORONTO, CAN.

Dodd's ckbk 1503 country

NEVER FORGET

That if the first drug store or dealer hasn't got Dodd's Kidney Pills, the next one down the street has.

That there is no substitute for Dodd's Kidney Pills.

That the dealer who offers you "something just as good" is considering his own pocket and not your health.

That the cures in our almanac are those of men and women who ASKED FOR Dodd's Kidney Pills and GOT Dodd's Kidney Pills.

That you never read of the cure of anyone who ASKED FOR Dodd's Kidney Pills and GOT "something just as good."

That if your disease is of the kidneys, or from the kidneys, you need Dodd's Kidney Pills. They will help you provided:

1. You ask for Dodd's Kidney Pills.
2. You get Dodd's Kidney Pills.
3. You take Dodd's Kidney Pills.

Nearly the same is not the same. Accept only the genuine. Be SURE of the spelling of the name **D-o-d-d-'s**

HOW TO GET Dodd's REMEDIES

First ask your local dealer for them. If he has not got them in stock, ask him how soon he can get them for you. As every wholesale dealer sells them, he can get them in two or three days, if he wants to. If he says he can't or won't, send your money direct to

The Dodds Medicine Co., Limited
Toronto, Ont.

Be careful to write your name and address plainly, giving Post Office and Province. They will be sent to you postpaid, the day your letter and remittance reach us. But buy them from your dealer if you can. The prices are:—

Dodd's Kidney Pills, 50 cents per box, six boxes for \$2.50.

Dodd's Dyspepsia Tablets, 50 cents per box, six boxes for \$2.50.

Diamond Dinner Pills, 25 cents per box.

WE DO NOT GIVE FREE SAMPLES.

WE EMPLOY NO AGENTS.

Our goods are sold by regular dealers only, or by mail when this is impossible.

The Dodds Medicine Co., Limited
Toronto, Ont.

Kitchen Suggestions

When meat is delivered or carried home, remove the paper wrapping at once, put in a clean, covered dish and set in a cool place.

Eggs should never be washed until ready to use, as the substance in the shell helps preserve them. Egg yolks keep well if covered with cold water. Egg whites should be covered and placed on ice.

Milk should be kept in covered bottles or crocks set in a cool place and kept away from foods of strong odor. When ice is not available, wrap the milk bottle in a cloth wet in cold water, and let stand in a draft. Keep the cloth wet.

Clogged Kidneys means clogged circulation. Clogged circulation means Heart Trouble. Dodd's Kidney Pills make good circulation and help Heart Trouble.

Tea and coffee should be removed from paper bags or boxes and stored in tin containers with tight covers. Only a little coffee should be ground at a time. One secret of good tea or coffee is to make it with water freshly boiled.

Cereals should be kept in glass jars or tin covered containers set in a cool dry place.

Fats should be stored in a cool place away from light and air, in stone crocks, glass or tin cans. Butter that is a little strong can be sweetened by melting with one-half teaspoonful of fresh sweet milk.

Backache, neglected, develops into Bright's Disease. The one sure way to escape its tortures is to help the Backache when it first starts with Dodd's Kidney Pills.

Vegetables and fruits should be stored in cool dry places. Fresh salad vegetables like lettuce, cucumbers, radishes and celery, should be wrapped.

People who keep houses dark for fear of the sunlight spoiling their carpets or furniture have no idea of the disease-destroying influence of sunlight and air.

Place a bottle of sassafras oil in your home medicine closet. When one gets burned, use this freely. Will give almost instant relief.

Beans, milk, peas, cheese and peanuts are substitutes for meat in food value.

Things that are good for your skin are all green vegetables, particularly spinach, onions, eggs and nearly all fresh fruit.

FROM US TO YOU

Dear Reader,

Advice is often wasted because it is given free. We hope the advice contained in this book will not be wasted on that account, and we feel sure that your own intelligence will guide you to read and study carefully the following pages, which have been compiled wholly and solely for your benefit.

We are often asked to explain how it is that the Kidneys are responsible for so many diseases that appear to differ so widely. The answer is simple, and we can make it clear to you when we explain that the Kidneys are nothing more nor less than the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, Uric Acid, and other poisons that are for ever gathering there. Without the Kidneys our bodies would soon become a mass of corruption, every muscle and tissue teeming with poison, every vein and artery loaded with corrupt waste matter. The Kidneys are really the most important organ in the human mechanism; they are the sentinels nature has placed within us to watch over our well-being, and to keep our bodies sweet and wholesome. They are very delicate, easily deranged, a strain, a blow, excessive eating or drinking, or a chill will affect them, and cause them to fail in their duty. **Dodd's Kidney Pills** help the many diseases arising from Kidney Trouble by curing the Kidneys themselves. They heal the Kidneys, re-vitalize them, restore them to healthy activity, and assist them to perform the duties we have mentioned above.

Dodd's Kidney Pills are a safe medicine, and may be taken with perfect confidence by old and young, because they are purely vegetable and contain nothing injurious to the most delicate constitution.

Dodd's Dyspepsia Tablets are the most valuable aid to digestion, and the most reliable help for all forms of Dyspepsia, that science has produced, for they relieve the sufferer.

In the following pages will be found in alphabetical order a brief description of the cause, symptoms, and treatment of the many diseases arising from weakness of the Kidneys, and we trust that you will find them useful in guiding you back from sickness into the paths of health.

Yours very sincerely,

The Dodds Medicine Co., Limited

Toronto, Ont.

Here are Several Ways to Use Rice

You need not tire of rice, for it can be served in so many different ways.

As a breakfast cereal—Served hot or cold with top milk or with fruit it is delicious.

As a starchy vegetable it can take the place of bread. Serve it hot, buttered, or with gravy. It is especially good with chicken.

In soup making.—For thickening, use the water in which rice is cooked. Cooked rice is also an addition to soup.

The blood, the life-giving fluid of the body, must be pure and wholesome, so that it may strengthen and nourish the weakened nerves. Dodd's Kidney Pills help nervousness by helping the kidneys to purify the blood.

In breads.—Use it in quick breads or in Victory bread.

Instead of bread crumbs in scalloped dishes, or stuffing

For desserts.—You can make good and nutritious rice desserts. Let rice dishes find their way to your table often.

Keep the Kidneys right with Dodd's Kidney Pills, and the pure, clear blood coursing through your veins will make you feel like a young woman.

To Boil Rice.—Have a quart of water boiling rapidly. Add a level teaspoonful of salt. Wash a cup of rice carefully and add it a little at a time, slowly so that the boiling does not stop. Boil for about 20 minutes or until a grain taken between the finger and thumb is soft. Drain through a collander and pour a little hot water through the rice to separate the grains. Cover with a cloth and set in a warm place on the stove for about 10 minutes to allow the grains to swell, or place it in the upper part of a double boiler over hot water.

Rice with Meat.—Boil one cup rice until tender in one quart boiling salted water. Drain and line a pint mould half an inch deep. Chop fine one cup any kind cold, tender meat, season with salt, pepper, celery salt, and onion. Add one beaten egg, two tablespoons fine cracker-crumbs, and moisten with hot water, or stock, sufficient to pack it easily in the mould. Cover with rice and steam 45 minutes. Loosen from edge, invert on platter and pour tomato sauce over. Garnish with parsley.

Whenever you have pain in the back it is an urgent call for Dodd's Kidney Pills.

Anaemia. This is a disease which mostly attacks young people, especially growing girls. It should not be neglected as it often leads to consumption. The symptoms are:—Pale complexion, cold hands and feet, weakness, shivering and fainting fits, feeble pulse, fitful appetite, and, in girls, much pain and suffering at the monthly periods. In most cases the Kidneys are to blame. Weak Kidneys in the young always lead to Anaemia. Dodd's Kidney Pills taken regularly two after each meal three times a day, will soon give relief, and make new blood that will nourish, strengthen and restore the sufferer to health.

* * *

Backache. This is really kidney ache. It is the first sign that something is wrong with the kidneys, and on no account should it be neglected. We cannot impress upon the reader too strongly the necessity of taking a few Dodd's Kidney Pills at once, the moment the first sign of backache appears. A few pills, taken in time, will ward off a serious illness, for backache is the forerunner of Diabetes, Dropsy, Rheumatism, and Bright's Disease. Take the pills in the following manner: Two on retiring to bed, two after each meal the following day. Drink after each meal a glass of water, as warm as you can bear it, to flush the kidneys.

* * *

Bath Refer to—*Skin*.

* * *

Bedrooms. Too much attention cannot be paid to the room in which you sleep. It should be well ventilated all day, with the blinds up and plenty of fresh air and sunlight allowed to enter. Immediately on rising the bed should be thrown open and not re-made till it is thoroughly aired. A light should NOT be allowed to burn all night in the room. Two most essential things should find a place in every bedroom—Dodd's Kidney Pills and Dodd's Dyspepsia Tablets. Sleeplessness and bad dreams are often caused by kidney weakness. The bladder becomes irritated by the uric acid that the kidneys have failed to remove, the skin itches and burns, you are restless, toss from side to side, your head aches, and your mouth is dry and clammy. Rise at once and take a couple of Dodd's Kidney Pills, and in a little while the distressing symptoms should disappear and you should sink into a peaceful slumber. If you have fulness of the

(Continued on page 6)

Potatoes

No vegetable is so much in demand as the common potato and none is so badly cooked. The method of cooking may be varied to avoid monotony. Following are a few tried and approved recipes:

Baked Potatoes—Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping pan. Bake in hot oven forty minutes or until soft, remove from oven, break the skin to allow the moisture to escape and serve at once.

Depression of mind is a symptom which will promptly yield to the virtues of Dodd's Kidney Pills.

Boiled Potatoes—Select potatoes of uniform size. Wash, pare and drop at once in cold water to prevent discoloration; soak one-half hour in the fall, and one to two hours in winter and spring. Cook in boiling, salted water until soft. Drain from water, dry over fire, and keep uncovered in warm place until serving time.

Riced Potatoes—Force hot-boiled and well-seasoned potatoes through a potato ricer or coarse strainer. Serve lightly in a hot vegetable dish.

Mashed Potatoes—To five cups riced potatoes add three tablespoons of butter, one teaspoon salt, few grains pepper, and one-third cup hot milk; beat with fork until creamy; reheat, and pile lightly in hot dish.

You never heard of a case of Kidney Disease that Dodd's Kidney Pills would not help.

Creamed Potatoes—Reheat two cups cold boiled potatoes, cut in dice, in one and one-half cups white sauce.

Creamed Potatoes with Bread Crumbs—Put creamed potatoes in buttered baking dish, cover with buttered crumbs, and bake on centre grate until crumbs are brown.

Delmonico Potatoes—To creamed potatoes and bread crumbs add one-third cup grated cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

Potato Omelet with Cheese—Prepare mashed potatoes, turn in hot omelet pan greased with one tablespoon fat, spread evenly, sprinkle with cheese, cook slowly until browned underneath, and fold as an omelet.

(Continued on page 7)

Bedrooms—Continued

stomach, wind, pains between the shoulders, cold hands and feet, or a feeling of suffocation, you are suffering from Indigestion, and a couple of Dodd's Dyspepsia Tablets will give you immediate relief.

* * *

Bed-Wetting.

The primary cause of this is weakness of the bladder and kidneys. The child (it is most common in children) is unable to control the muscles that govern the bladder, consequently the urine passes away involuntarily, mostly during the hours of sleep. The very best treatment is the following: For children up to eight years of age, half a Dodd's Kidney Pill twice a day (the pills are easily cut in two with a penknife). From eight to twelve years, one Dodd's Kidney Pill twice a day after meals; from twelve upwards, one pill three times a day. If this does not have the desired effect *gradually* increase the dose. At the same time care should be taken of the diet. Avoid hot tea or coffee, give bland drinks such as milk, cocoa, barley water, etc., but as little of them as possible. A tepid bath with sea salt, sponging the loins well, daily, will assist the action of the pills. See that the child passes water last thing before going to bed, and keep the bowels acting freely. Avoid chills, and do not cover the bed with too many clothes.

* * *

Bladder Troubles.

The Bladder is the receptacle into which the kidneys empty the urine. It is controlled by a delicate set of muscles, and is particularly liable to inflammation, the principal symptoms of which are: incontinence (inability to hold the urine), pains and pricking sensations in the pit of the stomach, scalding urine, face-flushings, swellings of the abdomen, soreness of the bowels, sometimes diarrhoea, and in children, bed-wetting. The cause is weakness of the kidneys, and the very best treatment is Dodd's Kidney Pills, taken as follows: two pills after breakfast, and one pill after each meal. The bowels should also receive attention, and the diet should be light and nourishing, avoiding all irritants such as vinegar, pickles, sauces, new bread, hot pastry, etc.

* * *

Bright's Disease.

This is the most dangerous of all Kidney Diseases. It comes on very slowly, and often without the least warning, conse-

(Continued on page 8)

Potatoes—Continued.

Potato Border—Place a buttered mould on platter, build around it a wall of hot mashed potatoes, using nine potatoes, three and one-half inches high by one inch wide, smooth and crease with case knife. Remove mould, fill with creamed meat or fish, and reheat in oven before serving.

Scalloped Potatoes—Wash, pare, soak, and cut four potatoes in one-fourth inch slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon of butter or butter substitute; repeat. Add hot milk until it may be seen through top layer, bake one and one-fourth hours or until potato is soft.

Potato Biscuits—2 cups flour; 1 cup potato; 3 teaspoons baking powder; 1 teaspoon salt; 1 tablespoon fat; 1 teaspoon sugar; liquid to make a soft dough. Sift flour, baking powder, salt and sugar together. Work fat into flour. Add mashed potato, then add milk to make a soft dough. Roll out about one-half inch thick, cut with a biscuit cutter and bake 15 minutes in quick oven.

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

Potato Bread—1 lb. potatoes (boiled or mashed); 1 quart liquid (water or milk and water); 1 ounce sugar; 1 ounce salt; 1 ounce fat; $\frac{1}{2}$ ounce yeast; 3 pounds flour. Boil liquid. Add yeast to $\frac{1}{4}$ cup of liquid, cooled to lukewarm temperature. Dissolve sugar, salt and fat in remainder of liquid. When lukewarm, add yeast and mashed potatoes. Beat well. Add flour and knead thoroughly. Let rise until it has doubled in bulk. Mould into loaves. Let rise again and bake.

Saratoga Potatoes.—Peel, and slice on a slaw-cutter into cold water, wash thoroughly, and drain; spread between the folds of a clean cloth rub and pat until dry. Fry a few at a time in boiling lard; salt as you take them out. Saratoga potatoes are often eaten cold. They can be prepared three or four hours before needed, and if kept in a warm place they will be crisp and nice. They are used for garnishing game and steaks.

Potato Croquettes.—Grate some cold potatoes, add flour enough to make a stiff paste; one egg, a pinch of salt, make into flat cakes and fry in hot lard or dripping.

Pure blood means a pure healthy body. The only way to ensure pure blood is to keep the kidneys right. If they are right, they will take all the impurities out of the blood. Dodd's Kidney Pills make the kidneys right.

Bright's Disease—Continued.

quently it is right that you should know the symptoms, and thus be on your guard. The first symptoms are bagginess under the eyes, decrease in the amount of urine passed, pale and bloodless countenance, loss of flesh, red or brown deposit in the urine. As the disease advances you get sharp and piercing pains in the back, you cannot stand upright, your hands shake, your gums bleed, you have shivering fits even in warm weather, irregular heart-beats with a smothering sensation, you lose flesh—yet what you have is flabby, you are weak and listless, taking no interest in life, and, while your back is always cold, your head burns and seems to have a weight pressing on the top. Dropsy, beginning usually in the ankles and rising to the stomach, follows, and, in the later stages, stupor, apoplexy, and convulsions. If, therefore, you feel any of the symptoms of Bright's Disease, turn at once to the remedy that you know has helped it—Dodd's Kidney Pills. Commence at once with two pills after meals three times a day; persevere with the treatment till the symptoms disappear. Diet: See page 14.

* * *

Colds, and how they Affect the Kidneys.

The kidneys are very delicate organs and easily affected—especially by a cold.

It is surprising how few

people realize this. A damp bed, wet feet, sitting in a draught, profuse perspiration following on any unusual exertion will cause a chill on the kidneys, soon this will manifest itself in a pain in the back, difficulty in stooping or rising, and the urine will be thick, high colored, and perhaps cloudy. The kidneys will need prompt attention. Take at once a couple of Dodd's Kidney Pills, and continue to take one pill three times a day till the symptoms have entirely disappeared. We cannot impress upon you too much the seriousness of a chill on the kidneys. It is the forerunner of Diabetes and Bright's Disease, and many a man lies in his grave to-day through neglecting a chill on the kidneys. But with Dodd's Kidney Pills at hand you have nothing to fear.

* * *

Constipation. For this distressing complaint there is no better remedy than DIAMOND DINNER PILLS. See page 29. A regular action of the bowels is of the utmost importance in maintaining the health. Once

(Continued on page 10)

Fish

The composition of fish is similar to that of meat, and most fish, if properly cooked, are digested with more ease than meat, so that we can substitute fish for a large part of the meat now eaten, with profit and increased health.

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

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

Prevention is better than cure, but cure is worth more than the price of Dodd's Kidney Pills, when prevention is too late.

Clean fish by making an incision along the underside of fish with a sharp knife, being careful not to pierce entrails. Remove entrails, see that backbone is free from any clots, wash and wipe with a cloth wrung out of cold water.

Scale fish by holding in a pan of cold water, and scrape with a sharp knife, working from the tail toward the head.

Skin a fish by removing fins along the back. Cut off a narrow strip the entire length of back, loosen skin from gills and draw off. The fish must be firm to do this.

To bone fish, loosen bone from flesh at tail. Dip the fingers in salt and work the flesh from backbone, working toward head.

Fish stock is made from the bones and skin, and may be used in fish soups and sauces.

Mackerel, haddock, cod, flounders, sole, pickerel, jackfish, whitefish, pike and goldeyes are amongst the cheapest fish on local markets.

Fish to be sautéed or fried may be rolled in cornmeal, oat flour, rye flour or rice flour and laid in hot greased pans, flesh side down.

There is gladness and joy in gliding down hill; this is the sensation of curing by Dodd's Kidney Pills.

Serve boiled fish with white sauce, drawn butter sauce or egg sauce; baked fish with drawn butter, tomato sauce or lemon; fried or sautéed fish with lemon or a tart sauce, or with tomato. Oily fish should not be served with a butter sauce.

Rice or mashed potatoes should substitute bread crumbs in fish dressings.

Constipation—Continued.

every 24 hours the bowels should be moved and a complete evacuation should take place. In most cases constipation is caused by weak kidney action, which affects the whole system. In other cases it is due to Indigestion or Dyspepsia, which prevents the proper assimilation of the food. Violent purgatives should be avoided; they are weakening, and do no permanent good. The proper treatment for constipation is to get at the cause. If the kidneys are suspected Dodd's Kidney Pills should be taken; if Dyspepsia, Dodd's Dyspepsia Tablets, or the two may be taken together—the pills before meals, the tablets after. The bowels should be first moved by the means of Diamond Dinner Pills, directions for taking which you will find in every box, then take a glass of cold water first thing every morning, and a glass of warm water—as warm as you can drink it—immediately after each meal. All constipating foods—as eggs, arrowroot, pastry, new bread, &c.—should be avoided. Avoid also overloading the stomach. Take plenty of fresh fruit in season, a tepid bath at least twice a week, and, above all, take the pills or tablets *regularly*, otherwise half their good effect will be lost.

* * *

Change of Life. Refer to—*Female Troubles.*

* * *

Children's Kidneys. Refer to—*Growing Pains—Bed-Wetting*

* * *

Dodd's Kidney Pills. Were introduced to the public many years ago, and were the first kidney medicine to be put up in pill form. Before their discovery all kidney medicines were made up in liquid form. They are entirely vegetable, and therefore cannot injure the most delicate constitution. The medicines they contain are in a highly concentrated form; everything acts directly upon the Kidneys, consequently no part of the contents of the pill is wasted. They are sold only in boxes, a picture of which you will see on back of cover. Many imitations of Dodd's Kidney Pills have been put upon the market from time to time, but against them all we most earnestly desire to warn you—not for our sakes but for your own. Your

(Continued on page 12)

Chicken Dinner for Next Winter

If you have a small flock, you can lay away your chicken dinner for next winter now. "Can the cockerels when it no longer pays to feed them. This will put on your pantry shelves material for the chicken dinner when poultry is scarce and prices high. The following directions are being supplied to boys' and girls' poultry clubs on "Canning the Cockerels."

Kill fowl, dress at once, cool; wash thoroughly, draw, then cut into convenient sections. Dip into cold water to insure cleanliness. Place in wire basket or cheesecloth and boil until meat can be removed from bones easily. Then remove from boiling liquid to separate the meat from bones. Take the meat off in as large sections as possible; pack hot meat into hot glass jars; fill jars with hot liquid after it has been concentrated one-half; add level teaspoonful of salt per quart of meat for seasoning; put rubbers and caps of jars into position, not tight. Sterilize for the length of time given below for the particular type outfit used:

Water bath, home-made or commercial (quart jars).....	3 1/2 hours.
Water seal, 214 degrees.....	3 hours.
5 pounds steam pressure.....	2 hours.
10 to 15 pounds steam pressure.....	1 hour.

Remove jars, tighten covers; invert to cool and test joints.

Caution.—Only the very best types of rubbers should be used.

It is a woman's duty as well as her pleasure to be beautiful. A clear complexion, backed by pure, rich blood are the foundations of all beauty. These are what Dodd's Kidney Pills produce.

When Jelly is Done

It would save much time and worry if one could be sure when jelly was exactly of the proper consistency to take off the stove. This is the way. Drip the boiling liquid from the stirring-spoon as the jelly is cooking. While there is only one drip at the last the jelly needs more boiling. But when the drop separates and drips in two drips, be sure it is time to pour the jelly into glasses.

When pouring jelly or canned fruit into tumblers or glass jars, set the jars first on a damp cloth. This goes a long way toward preventing their breaking.

Dodd's Kidney Pills—Continued.

health is far too serious a matter for you to waste time experimenting with imitations of the genuine Dodd's Kidney Pills, which may do you no good, even harm for all you know. The genuine are just as easy to get as the imitation, but if you have any difficulty write to us, send the price, and we will forward the pills direct to you. Address: The Dodds Medicine Co., Limited, Toronto, Ont., Canada. The price of Dodd's Kidney Pills is 50c. per box, or six boxes for \$2.50.

* * *

Dropsy. This is a sure sign of kidney trouble. It is caused by the water, which the kidneys should have taken out of the system, gathering in the tissues of the body and causing the dropsical swellings. Dodd's Kidney Pills help Dropsy by getting at the cause of the trouble—the kidneys. The swellings usually appear in the legs and ankles. At the first sign of any puffiness of those parts a course of Dodd's Kidney Pills should be taken. Begin with one pill, three times a day, after meals. If the swellings do not disappear increase the dose to four pills. In slight cases one box will be sufficient. If the case is of long standing, if the legs, thighs, and abdomen are bloated, the treatment will take longer. Begin as above, and increase to two and then to three pills at a time. It may take half-a-dozen boxes, or even more in some cases. At the same time care should be taken of the diet. All watery foods, such as soups, stews, &c., should be given up, and the general health should be studied. See page 14.

* * *

Diabetes. This disease, if neglected, always ends fatally. The leading symptoms are: Constant desire to pass water, great thirst, voracious appetite, hot, dry skin, clammy mouth and tongue, loss of memory, great weakness, failing sight, pains in the back and loins, headaches, irritability, loss of flesh, etc. It is caused by the Kidneys failing to act properly, and the presence of sugar in the urine. If you have the least cause to suspect that you are suffering from Diabetes you should not hesitate but at once commence a course of Dodd's Kidney Pills, taking them in the following manner:—One pill three times a day after meals. If this does not check the discharge of urine increase the dose. If your case is of long standing it may take some time before any progress is made, but you must persevere with the pills and not get discouraged. Diet: See page 14.

(Continued on page 14)

Points for the Kitchen

Every time you stew apples for dinner, a glass of apple jelly can be made from the parings.

Before frying the breakfast bacon, cut off the rind and dip each rasher in flour; then fry or grill quickly. This prevents the fat from running and gives the bacon a better flavor.

To prevent the juice of berry pie from boiling out, grease the edge of the pie with butter.

Pour boiling water over raisins, and let them stand a minute; then pour off and you can pinch the seed off at each end.

Nearly all women's troubles are caused by diseased or disordered kidneys. Dodd's Kidney Pills bring back youth to women by helping their kidneys.

If the fire is dull and the meat must be broiled in a hurry, drop a handful of salt on the fire and you will speedily have a clear fire.

When roasting meat, turn with a spoon instead of a fork, as the latter pierces the meat and lets the juice out.

Don't try to bake potatoes in the oven with some steaming dish.

If the spurs of a chicken are over a quarter of an inch long it is an old bird.

It is said that a raw potato rubbed on a griddle is as good as grease for frying cakes.

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

Should the knob come off the lid of a pan or kettle, a good substitute may be made as follows:—A screw should be slipped through the hole, with the head to the inside of the lid, and a cork screwed on the protruding end. This will make a knob which will not get hot and can be removed when it is dirty.

Butter for the cake should never be warmed or melted, but beaten to a cream.

Clean aluminum ware with a cloth dipped in lemon juice.

Sausages can be prevented from bursting by rolling them in flour before frying.

When the cream seems on the turn, add a pinch of soda, and it will not curdle, even in hot cocoa or coffee.

(Continued on page 15)

Dyspepsia—Indigestion.

This is an inability of the stomach to digest or assimilate food. Its causes are so numerous that it would be quite impossible to enumerate them all here. The symptoms are pretty generally known, but chief amongst them may be mentioned; sour stomach, wind, belching, bad breath, heartburn, nausea at sight of food, sick headaches, cold hands and feet, palpitation of the heart, fulness after meals, toothache, irritability, etc. If neglected Indigestion becomes chronic, and may lead to serious and even fatal results. Dodd's Dyspepsia Tablets help all forms of Indigestion, because they differ entirely from any other medicine. The tablets actually digest the food, thus giving the weakened stomach rest when food is taken, and allowing it to recover its normal condition. At the same time they act upon the digestive organs, helping and strengthening, so that in time they become able to do their work alone, without the aid of medicine. The dose for ordinary cases is: one tablet after each meal, three times a day. The tablets may be carried in the pocket and eaten anywhere. For children of weak digestion, or who are subject to fitful appetite, half a tablet twice a day will prove beneficial.

* * *

Diet. This is a most important subject, and cannot receive too much attention. All foods likely to irritate the stomach or urinary passages should be avoided, such as pickles, sauces, vinegar, sour fruit, beer, &c. Constipation is also to be avoided, and you should not eat new bread, hot pastry, tapioca, arrowroot, pie crust, puddings, &c. It is hard to lay down any definite rules of diet, for, as the old saying goes, "what is one man's meat is another man's poison;" but there are certain articles of every day food that those who are suffering from any form of kidney disease should not take, and these are: Alcohol, hot spicy foods, tough indigestible foods such as fried steak, &c., tinned lobster, &c.

For those who are suffering from any of the more advanced forms of kidney disease the following rules will be found useful:—

DIABETES: Fish, eggs, poultry, stewed rabbit, a little good bacon; NO potatoes, cabbage, pastry, beer or anything containing sugar. Drink barley water, linseed tea, butter-milk, lemonade (weak), freshly-made tea; no cocoa.

BRIGHT'S DISEASE: Fish, eggs, poultry, very little butcher's meat (only fresh, not stewed), oatmeal porridge; avoid high game, spiced meats, hot pastry, beer, wine, or spirits. Drink same as Diabetes.

(Continued on page 16)

Points for the Kitchen—Continued.

The bone should be left in the roast; it will keep the juices in and add flavor and sweetness.

Every injury needs repair. Pain in the back is the cry of the kidneys for the help of Dodd's Kidney Pills.

When the jelly does not jell, boil it over, adding a small piece of the white of an orange peel. This will make jelly without fail.

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

Cracks in a stove can be mended by filling with a paste made of equal parts of wood ashes and salt and sufficient cold water to form a cement. It should be applied when the stove is cool.

To obtain a really good cup of coffee, place the coffee in a saucer and put it into a fairly hot oven for about three minutes before making. This brings out the flavor.

After frying fish or onions, throw tea leaves and left-over tea into the pan, add water if necessary and a little washing soda and let it boil. This will remove all odor.

Exactly what you need at the time you need it is Dodd's Kidney Pills when you are out of sorts.

To keep the range looking clean, take a piece of paraffin wax and rub it on while the range is hot. Then rub with a cloth. By rubbing it over after each meal, the stove will always look well.

It is a mistaken idea that frying in deep fat is not economy. It will require a large supply of fat, but this can be poured off after it has settled and can be used for each frying. When one considers the amount of fat absorbed by food that is sautéed, it is evident that deep fat frying is not only more economical, but food thus cooked is more digestible.

A delicious cake filling is made of sugar and cream boiled together and thickened with finely ground peanuts.

During winter while eggs are scarce use a dessertspoonful of vinegar in a little milk added to one egg; this will equal three eggs for cake making.

Hang a five cent slate on the inside of the pantry door on which to jot down items liable to be forgotten.

Screw small hooks inside some of the cupboard doors—they are exceedingly handy for hanging articles like pot lids, corkscrews, etc.

Diet—Continued.

DROPSY: Avoid everything tending to constipation. Let the diet be relaxing, yet strengthening.

Dizziness. Refer to—*Heart Trouble.*

Female Troubles. Refer to—*Pregnancy—Monthly Periods—Anaemia.*

Gravel, Gall-Stones, Stone in the Bladder. This is essentially a kidney disease. Small particles of gravel or stone form in the kidneys or bladder, causing intense suffering. They may exist in the body for years unsuspected, till one day they make themselves known by excruciating pains, which come on suddenly—often without warning. As soon as the paroxysm is passed no time should be lost in treating this disease, for it may lead to stricture and many painful complications. Dodd's Kidney Pills help gravel and kindred diseases by partially dissolving the stones and causing them to pass away in the urine. They also prevent the formation of fresh stones. Two pills should be taken at once, followed by two pills after each meal and two at night. The urine should all be passed in a vessel and carefully watched, and the pills taken regularly till the stones appear. The bowels should be kept open, as constipation will aggravate the disease, and, if there is indigestion, Dodd's Dyspepsia Tablets should be taken with the pills—one after every meal. Avoid stimulants, especially beer.

Gout. Refer to—*Rheumatism.*

Growing Pains. When the little ones come and tell their mothers that they cannot play any more for they have "growing pains," it is a common error to rub the aching limbs, put them to bed, and tell them it is a sign that they will grow up to be fine big men and women. Nature never intended the growing of our muscles to cause us pain any more than the growing of our heads or hearts, or any other member of our bodies. When the child complains of "growing pains," before putting it to bed see it passes water in a clean vessel.

(Continued on page 18)

On Cake Making

The mixing and baking of cake requires more care and judgment than any other branch of cooking, notwithstanding the fact that it is the one most frequently attempted by the beginner.

Always mix your cake in an earthen bowl.

The order in which ingredients are combined is most important.

Measure dry ingredients and mix and sift baking powder and spices, if used, with flour.

Flour is always measured after being sifted.

Fruit, when added to cake is usually floured to prevent settling to the bottom. This is not necessary if it is added directly after the sugar, which is desirable in all dark cakes.

Dodd's Kidney Pills always help diseased kidneys and all diseases that are caused by diseased kidneys or impure blood.

When baking cake, arrange to have nothing else in the oven, and place as near the centre of oven as possible so it will cook uniformly.

Remove cake from pans as soon as it comes from oven.

Cakes are classified as follows:

1. Cakes without butter, sponge cake, etc.
2. Cakes with butter, pound cake, cup cakes, etc.

Salt has many valuable uses as a cleanser in the household, but for cleansing the system from all diseased germs use Dodd's Kidney Pills.

1. Method of mixing cakes without butter.—Separate yolks from whites (if both are used), beat yolks until thick, add sugar gradually, continue beating, add flavoring. Beat whites until stiff and dry. Fold into first mixture. Cut and fold in the flour in which the salt has been sifted. Do not stir or beat after the flour has been folded in.

2. Method of mixing cakes with butter.—Have the bowl slightly warm, cream butter and sugar, add sugar gradually, and yolks well beaten, flavoring. Sift flour, salt and baking powder thoroughly and add to the batter alternating with the milk. Fold in the egg whites beaten very stiff.

Dodd's Kidney Pills are sold at 50 cents per box or six boxes for \$2.50. All dealers, or by mail on receipt of price. The Dodds Medicine Co., Limited, Toronto, Ont.

Growing Pains—Continued.

Carefully examine the water next day, and you will probably find a little sediment, or a dark cloudy substance floating in the centre. This shows that the kidneys have been over-taxed, perhaps by drinking impure water, perhaps by too much romping, getting over-heated and standing about till they get a chill. But whatever the cause, Dodd's Kidney Pills should be given immediately; they should give the kidneys just the relief they require, and the so-called "growing pains" should disappear as if by magic. For dose refer to *Bed-Wetting*.

* * *

Heart Trouble.

The Heart cannot purify the blood. It is simply a valve or pump whose duty it is to circulate the blood through the veins and arteries of our bodies by a kind of pumping action, which we call "heart beats," which anyone can feel for themselves. Now, whether the blood is good or bad, whether it is pure or heavily-laden with poison, the heart has to pump it just the same. You can, therefore, readily understand what happens if the blood that passes through the heart is sick and sluggish, loaded with poisonous matter, permeated with deadly uric acid, and corrupting all it comes in contact with. The steady beating of the heart, that is so essential to health, is interrupted; it becomes fitful and uncertain, and then we get that feeling of suffocation, that palpitation, that faintness and dizziness that persons suffering from heart trouble know so well. The only rational treatment of this disorder is through the blood, and the only way to purify the blood is through the Kidneys. In all cases of Heart disorders Dodd's Kidney Pills should be found most beneficial, for they immediately set the Kidneys in action and assist them to relieve the blood of the impurities that are affecting the Heart.

* * *

Headaches.

Everyone who has suffered from this distressing malady knows the symptoms so well that there is no need to enumerate them here. Headaches are no imaginary disorder, and unless the cause is ascertained and removed they become chronic and seriously undermine the constitution. There are many preparations sold that give relief in extreme cases, but we do not recommend them, as they contain poisons; but the only safe course is to find out the cause of the headaches and treat that. Headaches are due mostly to two things—bad blood or disordered stomach. If the blood is the cause, then the Kidneys are to blame and Dodd's Kidney Pills

(Continued on page 20)

New Uses for Glue

To put new life in an old broom—A teaspoonful of glue mixed in a basin of hot water poured over a broom and then allowed to thoroughly dry will greatly stiffen it, and prolong its usefulness and life.

When shoes become barked or scarred—Very often a small piece of the leather is lifted or loosened. Don't cut it off and try to cover the place with blacking. Flatten the piece in place with a little glue and allow to dry. Then apply blacking and the surface will be as good as new.

It is the function or duty of the kidneys to filter out all impurities from the blood. For torpid or weak kidneys use Dodd's Kidney Pills.

For tears or rents in silk—Another piece of silk or fabric of the same color placed under the tear with a thin coating of glue will bring the edges more firmly together than can be done with a needle. Allow to dry thoroughly and rent will be almost invisible.

A splendid way to keep rubbers from slipping.—Rubber overshoes often become so loose that they slip off at the heels, especially in the winter and spring when the ground is muddy or slushy. This annoying trouble can be entirely eliminated by glueing a felt band around the inside top of the rubber.

If your child is suffering from Kidney Trouble, don't trifle with it. Give it Dodd's Kidney Pills.

To protect furs and woollens from moths—It is commonly known that moths very much dislike the odor of ink in old newspapers. Several thicknesses of old newspapers firmly glued together may be made into the form of a bag and the garment placed inside. After the ends and all joints are firmly sealed with glue, the bag is absolutely moth and dust proof, and your protection from moths has cost practically nothing.

Fat

Save it. It is good. It means economy. Use it for seasoning. Clarify it before setting away.

To do this, pour boiling water over it.

Boil through, then set it away to cool.

When cold, the fat may be removed in a solid piece.

By repeating this several times, some fine white fat will be achieved.

Headaches—Continued.

should be taken regularly till all the impurities are removed from the blood. Dose: begin with one pill three times a day after each meal. If the headaches are due to disordered stomach it is evidence of indigestion, and shows that the food is fermenting in the stomach, giving off noxious gases that cause intense pain and sick headaches. Then the proper treatment is Dodd's Dyspepsia Tablets, which should assist in the digestion and assimilation of the food, and strengthen and tone the stomach. Dose: begin with one tablet after each meal. Refer to—*Constipation*.

* * *

Kidney Trouble.

The kidneys have the most work to do, consequently they are the most important organs of our bodies. But they are very delicate and easily deranged. A chill will affect them, a blow, a strain, or fall will injure them, excesses in eating or drinking will cause disease in the kidneys. If we trace the history of any case of kidney trouble we find it arises in most instances from one or other of the above causes. Never neglect kidney trouble. Never neglect backache, which is one of the first symptoms. Remember it is a matter of life or death to you to have sound kidneys in your body. If you doubt this try to effect an insurance on your life. Let the doctor examine your urine, and if there is any sign of kidney disease hear what he says, and see how many insurance companies will take you. Not many.

But you *can* have sound kidneys, good healthy kidneys that should keep your blood pure and wholesome and free from all poisons if you will take Dodd's Kidney Pills. They restore weak kidneys, heal diseased ones, brace them up, put new life into them, and through them into you. They are the ORIGINAL KIDNEY PILLS, from which all imitations have sprung.

* * *

Laxatives. Refer to—*Constipation*. Also see page 29.

* * *

Lumbago.

This is really rheumatism of the large muscles of the back and loins. It is accompanied with great pain, especially when stooping or rising. Every movement of the back aggravates the pain. Rubbing with oils and liniment is of little use, except to give *temporary* relief, till Dodd's Kidney Pills have had time to take effect. The trouble really lies with the kidneys, because they have failed to filter the uric

(Continued on page 22)

Laundry Hints

Soak ink stains in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

Saturate grass stains thoroughly with kerosene, then put in the washtub.

Wash iodine stains with alcohol, then rinse in soapy water.

Soak iron rust stains thoroughly with lemon juice, sprinkle with salt and bleach for several hours in the sun.

Dodd's Kidney Pills help Dropsy by putting the kidneys in condition to take the surplus water out of the blood. They always help it.

Hot water and soap generally remove grease spots. Soften wheel grease or tar stains with lard and soak in turpentine. Scrape off all the loose surface dirt with a knife, sponge clean with turpentine and rub gently until dry.

Soak mildew in a weak solution of chloride of lime for several hours. Rinse in cold water.

Rub sewing machine oil stains with lard, let stand for several hours and wash with cold water and soap.

To remove scorch stains, wet the scorched place with soap and bleach in the sun.

Wash chocolate and cocoa with soap in tepid water.

To remove fruit stains, stretch the fabric over the mouth of a basin and pour boiling water on the stain.

Housekeeping is important, but keeping the blood pure is best done by using Dodd's Kidney Pills.

Muslins must be ironed wet. If allowed to get dry, they will have a rough appearance.

Don't rinse laces in blued water under a mistaken idea that it will improve the color. Rinse in skimmed milk, which will give a soft, creamy color.

Fine gingham and percales will emerge from the tub with gloss and dressing of new material if dipped in sweet milk instead of starch.

The wash wringer usually wears out first at the ends where pressure is used. If you take several yards of twine and wind this evenly along the roller, being careful to wind it very close, even when the rubber is thin, you will save the expense of a new roller.

Lumbago—Continued.

acid out of the blood, and it has crystallized in the muscles of the back. Treatment: Take two Dodd's Kidney Pills after each meal three times a day. Wear woollen or flannel clothing next to the skin, avoid taking a chill, also all food likely to cause acidity, such as vinegar, pickles, sauces, etc.

Liver Troubles.

There is a very close connection between the Liver and the Kidneys. The Liver is the largest organ we have in our bodies, and its principal duty is to produce a fluid called bile, which mixes with our food and assists in the process of digestion. If the Liver becomes "torpid", and fails to act properly, the passages become clogged, the bile cannot find its way out, and consequently our food is not properly digested. If this state of affairs continues we get sallow complexions, pains between the shoulders, sick headaches, nausea, fitful appetite, constipation, palpitation of the heart, wind, irritability, sour stomach, colic, furred tongue, bad dreams, flushings, inflammation of the bowels, melancholia, nervousness, dizziness, fulness after meals, and perhaps gallstones and jaundice. The Liver never gets out of order alone; the Kidneys are always affected at the same time, and in most cases are the cause of the Liver being out of order. Therefore, in every stage of Liver trouble Dodd's Kidney Pills and Diamond Dinner Pills should be taken. Dodd's Kidney Pills at once relieve the Kidneys, and Diamond Dinner Pills help the Liver by acting on the bowels, *for the liver cannot act properly if the Kidneys and the Bowels are not working freely.*

Muscular Rheumatism. See Rheumatism.

Monthly Periods.

All women who suffer from headaches, nausea, faintness, vomiting, failing sight, lassitude, loss of appetite, depression of spirits, and pains in the abdomen during the monthly periods, should know that in most cases weak kidneys are the cause. Women, married or single, will find Dodd's Kidney Pills a real boon at this period. They assist nature, relieve those distressing symptoms mentioned above, and stimulate the kidneys to carry off the uric acid and other poisons that are responsible for much suffering. As the periods come round a couple of Dodd's Kidney Pills should be taken at once, and after that three pills a day till the time has passed.

(Continued on page 24)

Timetable for Baking

Beans—8 to 10 hours.

Beef—Sirloin, rare, per lb., 8 to 10 minutes, well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.

Bread—Medium loaf, 40 to 60 minutes.

Cake—Plain, 20 to 40 minutes.

Biscuit—10 to 20 minutes.

Sponge Cake—45 to 60 minutes.

Chickens—3 to 4 lbs. weight, one to one and a half hours.

Cookies—10 to 15 minutes.

Custards—15 to 20 minutes.

Duck (tame)—40 to 60 minutes.

Fish—6 to 8 lbs., 1 hour.

Gingerbread—20 to 30 minutes.

Graham Gems—30 minutes.

Lamb—Well done, per lb., 15 minutes.

Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.

Pie Crust—30 to 40 minutes.

Pork—Well done, per lb., 30 minutes.

Potatoes—30 to 45 minutes.

Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.

Rolls—10 to 15 minutes.

Turkey—7 lbs., 3 hours.

Veal—Well done, per lb., 20 minutes.

Timetable for Cooking

Potatoes—From 20 to 30 minutes, according to size.

Turnips—From 30 to 40 minutes, according to size and age.

Beets—From 45 minutes to 2 hours, according to size and age.

Carrots—From 15 to 40 minutes, according to size and age.

Cabbage—From 15 to 50 minutes, according to method of cutting.

Spinach—For 15 minutes.

Peas—For 20 minutes.

Beans—From 20 to 30 minutes, according to size.

Asparagus—From 20 to 30 minutes, according to size.

Cauliflower—From 15 to 30 minutes, according to method of cutting.

Tomatoes—For 30 minutes.

Celery—From 20 to 40 minutes or until tender.

Cucumbers—For 15 minutes. Serve with white sauce.

Corn on Cob—Put in cold water, bring to a boil, boil 5 minutes.

Squash—One hour.

Sweet Potatoes—For 45 minutes.

Parsnips—For 45 minutes.

Chicken—Boil one to one and a half hours.

Salmon—Boil 45 minutes.

Old Age. A well-known medical writer says: "The period when old age sets in is fixed at the fifty-third year in women and the sixtieth in men. After that the prime is past and the powers of the constitution begin to show signs of decay. The aged are particularly liable to such diseases as gout, gravel, kidney trouble, and weakened digestion." Of all the organs to feel the effect of advancing years the kidneys are the first. They become weak, and therefore unable to filter the uric acid from the blood as they did in youth and prime. The consequence is that the very time of life when pure, rich blood is most needed the kidneys fail and the blood becomes saturated with poison. While Dodd's Kidney Pills are helpful at all periods of life, there is no time at which their need is greater than when the prime is past and old age is advancing upon us. The kidneys require strengthening, bracing, and restoring to activity, and this is just what Dodd's Kidney Pills do for them. We would like all the old folks to know that many an ache and many a pain that they think they must bear because they are getting on in life may be spared them by the timely use of Dodd's Kidney Pills. Rheumatism, gout, lumbago, sciatica, bad backs, and many other ills that attack the aged can be helped by these wonderful kidney healers.

* * *

Pregnancy. A great many letters reach us every year asking if it is safe to take Dodd's Kidney Pills during this period. Yes. It is not only safe, but highly beneficial to do so. It must be remembered that during pregnancy all the intestinal organs are disturbed, and there is often pressure on the kidneys and bladder, as the condition of the urine will show. Dodd's Kidney Pills act directly upon those organs, soothing them, allaying inflammation and assisting the kidneys to throw off all waste matter and poisonous fluids. As the pills are entirely vegetable and composed only of the purest drugs they are perfectly harmless, and may be taken with the utmost confidence. Two or three pills a day should immediately give relief from many of the painful symptoms at this trying period.

* * *

Rheumatism. This terrible disease, which is more frequently met with than any other is wholly due to the presence of large quantities of uric acid and other poisons in the blood which the kidneys should have removed. Like lumbago, sciatica, gout, and all kindred ailments, it is only

(Continued on page 26)

Things Worth Remembering

Dip the tops of your fruit jars in paraffin to insure their keeping.

Hot vinegar will remove paint splashes from windows.

Turpentine is said to restore the lost whiteness of the ivory handles of cutlery.

If you add a little salt to fruit while cooking, you will find that it improves the flavor and requires less sugar.

Patch a broken place in the plaster of a room with a paste made by mixing one part of white flour with two parts of sand and two parts of sifted coal ashes and water. The cement will outlast the original plaster.

Dodd's Kidney Pills are for women's ailments, because nine-tenths of these ailments come from sick kidneys. Dodd's Kidney Pills always help the sick kidneys.

Warm tights for the youngsters may be made from one or two pairs of discarded stockings.

When your rubbers break, cover the hole with adhesive plaster and go over this with shoe polish. If properly done the repair will outwear the rubber.

Table salt and cream of tartar, equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place material in the sun.

When it comes for a person of prudence to decide between looking old and kidney treatment, it should not require very long to decide to use Dodd's Kidney Pills.

When a lamp wick is a trifle tight for the tube, and does not move up and down easily, pull a few threads from one side.

Soak new lamp wicks in vinegar and dry them before putting in the lamps.

Soften the Hands.—Keep a dish of Indian meal on the toilet stand with the soap, rub the meal freely on the hands after soaping them for washing. It will surprise you if you have not used it how it will cleanse and soften the skin, also prevent chapping.

How to Remove a Rusty Screw—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

Don't try to pour liquid into the mouth of a small bottle without a funnel. If you have none small enough, use an egg-shell with a small hole bored in the bottom.

(Continued on page 27)

Rheumatism—Continued.

to be cured by first curing the kidneys. The poisons in the blood form into little crystals, which lodge in the muscles, tissues, and joints where they set up inflammation, which causes those terrible pains that all sufferers from Rheumatism know only too well. You will see from this how useless it is to attempt to "rub out" Rheumatism by "rubbing in" oils and embrocations. They may give relief—but only a kidney medicine will help. That is why Dodd's Kidney Pills are so successful in helping Rheumatism. They restore the kidneys to their proper condition, put new life and vigor into them, so that they can expel the poisons from the blood. No medicine holds such a record for helping Rheumatism as Dodd's Kidney Pills, and no sufferer should be without them. For dose and treatment refer to—*Lumbago, Sciatica*.

* * *

Sciatica. This might be described as rheumatism of the hip.

Descending from the hip and running down the leg is the Great Sciatic Nerve. When the blood is charged with uric acid it sometimes crystalizes in this nerve, causing intense pain, which every movement of the leg aggravates. It is sometimes a very difficult disease to treat, and outward applications can do nothing but give temporary relief. The only method of curing sciatica is by getting at the kidneys, which are responsible for the uric acid in the blood. Dodd's Kidney Pills help Sciatica by helping the kidneys. Dose: Two pills three times a day. Diet: Plain, wholesome food, avoiding everything containing acids, as vinegar, pickles, sauces, &c. Keep the bowels active by the use of Diamond Dinner Pills and take Dodd's Kidney Pills regularly.

* * *

Skin. The skin and the kidneys have much in common.

In these we have another instance of two organs of the body working in unison. If the kidneys are weak and unable to filter the uric acid out of the blood, the skin does so by throwing it off through the pores. From this you will understand how weak kidneys are the cause of pimples, boils, blotches, eczema and other skin eruptions. The skin should be kept healthy and clean by frequent bathing, exercise and fresh air, while the kidneys should be kept healthy and active by Dodd's Kidney Pills, so that they may perform their duty of ridding the body of impurities in the form of urine and not throwing the work on to the skin.

Things Worth Remembering—Continued.

Make common candles by rolling a piece of string up in a paper until of candle thickness, then soak the whole in melted wax.

Celery leaves may be dried, pulverized and bottled to use as seasoning.

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

How to make whitewash for cellar.—Place ten pounds of quicklime in a pail and pour over it two gallons of water. Be sure your measurements are correct, for upon this depends the success of your whitewash. Cover the pail and allow to stand for an hour or two before using.

The best disinfectant to use in the cellar is quicklime. It may be placed in dishes, in bins or cupboards or scattered loose in dark, damp corners.

The apple parings and cores from two pies will make a glass of jelly.

Put a small amount of corrosive sublimate in your paste when you are doing your spring papering, and it will keep the flies from specking the paper and also kill any germ that happens to be on the walls.

When Dodd's Kidney Pills are used for the treatment of kidney disease, recovery, like the growth of a child, is natural, gradual and certain.

When purchasing a hair mattress, select one filled with black hair. The white hair is usually a bleached variety and thereby has been deprived of its springiness and it mats more quickly than the black or even the gray hair.

Dustless mops lose their efficiency when they become too dirty and caked with dust. They may be washed in strong hot suds, but this can be done much better if the mop is first washed in gasoline to cut the oil. Gasoline which has been used for cleaning should be saved for this purpose. After the mop is well washed in gasoline, let it dry, then wash in suds. When thoroughly dry, oil it again and it is as good as ever. The best way to apply the oil is to pour a little in the tin box the mop comes in, and put the mop with the strings down into the can and let it remain for a few days to evenly absorb the oil.

To frost a cake evenly and to the very edge and prevent the icing from running down the sides, double a piece of stiff paper and pin it closely about the cake, letting the paper extend about an inch above the top of the cake. Spread icing and do not remove paper until icing is set.

Care of Clothes

To prevent black stockings from changing color, add a tablespoonful of vinegar to the rinsing water.

Badly spotted tan shoes should be put on a shoe tree and scrubbed with soap and water.

When the color has been taken out of black goods, it may be restored by the application of liquid ammonia.

If the stains on a dirty mackintosh will not come off with brushing, take a raw potato, cut it in two, and rub the soil parts with it.

When the soles of new shoes are dipped several times in very hot mutton tallow they will wear nearly twice as long.

Why should anyone, conscious of the beginnings of kidney ailments, hesitate to use such a well-proved specific for kidney disease as Dodd's Kidney Pills.

To make a faded cotton dress pure white, boil it in water which has half a cupful of cream of tartar to two gallons of water.

Dresses that have been laid away in drawers for some time often become very much creased. Hang them in front of the fire for a while and the creases will disappear.

Mud spots may be readily removed from dress skirts, trousers, rubber coats, or from children's clothing by rubbing the spots well with sliced raw potato.

To renovate black lace, wash it in strong vinegar, rinse in cold coffee, and press before quite dry with a piece of flannel laid over it.

An excellent cleaner for a tailored suit is dry bran.

When pressing ribbon, you will avoid the shiny appearance if you press it first on the wrong side, then on the right with tissue paper over it.

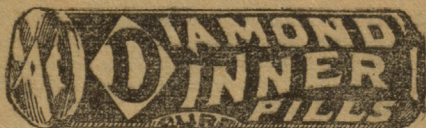
After washing children's bearcloth coats or bonnets, iron on wrong side while very damp, and fur side will be as soft and fluffy as when new.

Equal parts of ammonia and turpentine will take paint out of clothing, no matter how dry and hard it may be. Saturate the spot two or three times and afterwards wash out in soapsuds.

Borax will take leather stains out of white stockings.

Gloves of skin or leather are better mended with cotton than silk.

Diamond Dinner Pills.



Torpid Liver. A tired, sluggish Liver causes no end of sickness and suffering. This important organ sometimes requires assistance and encouragement, but it should not be forced. Diamond Dinner Pills tone, strengthen and coax the Liver back to a healthy condition of activity. You should treat the torpid Liver carefully, gently and patiently. You should never try force. Nature resents such treatment, and Diamond Dinner Pills are compounded not with a view of simply applying force to "*move the Bowels*," but to gently and gradually tone up the Liver till it supplies the necessary amount of bile.

* * *

Biliousness. The torpid Liver allows the bile to escape through every part of the system instead of into the bowels as Nature intended. It is felt in the stomach, often causing Nausea. It clogs the blood and shows itself in the sallow skin. In many cases it produces sick headaches, and that heavy, dull feeling so oppressive. Diamond Dinner Pills are essentially a Liver and Bowel Medicine, and they act promptly on the sluggish Liver and the Bowels. After a patient treatment they begin to improve and finally may be trusted to perform their functions independently and perfectly.

* * *

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

Diamond Dinner Pills are not intended simply to empty the bowels. Their action is directly on the Liver and the bowels.

Diamond Dinner Pills are purely a vegetable remedy, and will be found when patiently used to be altogether the most satisfactory remedy for all derangements of the Liver and Bowels.

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

For Housekeepers

New, yes, old housekeepers are frequently puzzled regarding weights and measuring proportions, and this little schedule, will we are sure, be helpful to all; before starting, see that all materials are free from lumps of any kind, and the measuring cup or spoon even full, not running over.

1 large pint of granulated sugar equals 1 pound.

1 pint of brown sugar equals 13 ounces.

1 pint of graham flour equals 8 ounces.

1 pint of wheat flour equals 8 ounces.

1 pint of corn meal equals 10½ ounces.

1 pint of tapioca equals 12 ounces.

1 pint of bread crumbs equals 8¾ ounces.

1 pint of raisins equals 9 ounces (lightly measured).

1 pint of maple sugar broken into crumbly pieces equals 1¼ pounds.

1 pint of soft butter equals 1 pound.

1 pint of grated bread crumbs equals 9 ounces.

1 pint of dried currants equals 10 ounces.

1 pint of rice equals 15 ounces.

1 pint of dried hominy equals 13 ounces.

1 quart of flour sifted equals 1 pound.

9 large hen's eggs equal 1 pound.

2 level tablespoonfuls of butter equal 1 ounce.

1 ounce of flour equals four level tablespoonfuls.

1 ounce of grated chocolate equals 3 level tablespoonfuls.

1 ounce of ground coffee equals 4 level tablespoonfuls.

1 ounce of granulated sugar equals 2 level tablespoonfuls.

1 ounce of cornstarch equals 3 tablespoonfuls.

1 ounce of fine salt equals 2 level tablespoonfuls.

1 ounce of butter equals 2 level teaspoonfuls.

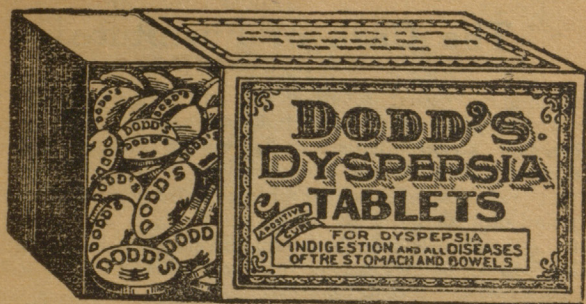
1 ounce of cinnamon equals 4½ level teaspoonfuls.

1 ounce of cloves equals 4 level tablespoonfuls.

1 ounce of mace, equals 4 level tablespoonfuls.

1 ounce of olive oil equals 2 tablespoonfuls.

If you need medicine at all, you need it at the right time, and as nine times out of ten it is the kidneys that are crying for help, then you should use Dodd's Kidney Pills.



Dodd's Dyspepsia Tablets

ARE FOR

Pain in the Chest after Meals.
 Feeling of Weight and Dis-
 comfort.
 Flatulence or Wind.
 Pain in Stomach.
 Coated Tongue.
 Undue Thirst.
 Vomiting.
 Loss of Appetite.
 Distaste at Sight of Food.
 Giddiness.
 Dry Cough.
 Nasty Taste in Mouth.
 Nervousness.
 Acidity and Heartburn.
 Hiccough.
 Flushings in the Face.
 Headache.

Specks before the Eyes.
 Feeling of Inertia.
 Low Spirits.
 Inability to Work Well.
 Eruptions on the Skin, such
 as Nettle Rash and Red-
 ness of the Nose.
 Drowsiness.
 Sleeplessness.
 Palpitation and Constipation
 Gurgling Noises in the Bowels,
 with Pain in the Right side
 just above Groin.
 Fidgeting.
 Neuralgic Pain over Heart.
 Foul Breath.
 Fluid rising from Stomach.
 Sallow Complexion, &c., &c.

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

The Dodds Medicine Co., Limited,

Toronto, Ont.

The Care of Furniture

Newspapers sewed together and covered with cloth will make a good pad to use on a dining-room table.

Rub your nickel stove trimmings with whiting and kerosene and see how nice they look after polishing with dry cloth.

White paint is best cleaned with a cloth squeezed out in hot water and dipped in a little bran.

If the woodwork is grained you can polish it beautifully by soaking a bit of flannel in linseed oil and rubbing the wood well, then polish with a soft dry cloth.

When the skin seems dry and inelastic, use a box of Dodd's Kidney Pills.

An upholsterer gave this recipe for furnishing polish to a friend as a professional secret. Take equal parts of raw linseed oil and vinegar, and add to each quart of the compound two tablespoonfuls of spirits of turpentine. Apply with a soft flannel cloth saturated, and wipe immediately with a dry flannel cloth. It is recommended for furniture of the finest polish, for varnished floors and woodwork and for leather-covered furniture.

A piano is quite as sensitive to any changes of temperature as an invalid. It should not be placed near the fire because the heat draws the wood and it should not be near an open window on a damp day because the wires are apt to rust.

A rug that has become curled on the edges may be made stiff and new-looking by placing a damp cloth beneath it and another on top and pressing with a hot iron.

Are you in doubt about the right way to clean oil paintings? Half a raw potato rubbed quickly over the canvas is a reliable method. Finish by polishing the surface with a silk handkerchief.

Pure blood is the first essential not only of health but of life itself, so keep it pure by using Dodd's Kidney Pills.

After cleaning brass or copper with salt and vinegar, rub with olive oil, and the metal will not tarnish for a long time.

To clean white enamelled furniture, use a solution made by dissolving one tablespoonful of baking soda in a pint of warm water. Saturate a soft cloth and wash the furniture.

Finger marks are best removed from furniture by washing with water colored with vinegar, then wipe with a dry cloth.

X 1 DRIVER 0435.1
D63 1920 V.10

SELF EXAMINATION PAGE

ALL by yourself, ask yourself all of the following questions. On your careful, serious and truthful replies your health, happiness and even life itself may depend. A good way is to set down the numbers and write no, if need be, or yes to each. Happily, you may be able to write *no* to all of them, but if it be *yes* to any one, there is danger, if to two or more the danger is greater.

1. Have you backache?
2. Do you feel drowsy?
3. Do your limbs feel heavy?
4. Do you have scanty flow of urine?
5. Do you suffer from unusual thirst?
6. Does your water appear thick or milky?
7. Do you have frequent bad headaches?
8. Do you have cramps in the muscles and limbs?
9. Have you been losing weight and strength rapidly?
10. Have you uneasiness or pains occasionally in the loins?
11. Do you make water too frequently?
12. Have you failing or indistinct vision?
13. Does your perspiration or urine, after exposure, have a bad or disagreeable odor?
14. Do you have deposits of sand, gravel or brick-dust?
15. Have you dark red or bloody-looking urine?
16. Have you dark circles around the eyes, puffiness under the eyes, or bloated appearance of the face in the morning?
17. Are you irritable?
18. Is your sleep broken?
19. Have you dizzy feeling?
20. Have you shortness of breath?
21. Are you greatly depressed in spirit?
22. Do you suffer from nausea after eating.
23. Do you find it difficult to remember things?
24. Have you tender spots in the back over the spine?
25. Do you get tired and nervous after ordinary exertion?
26. Do you start in your sleep, have bad dreams or nightmare?
27. Has your skin a dry or harsh feeling?
28. Do you have bad or bitter taste in the mouth?
29. Do you have attacks of rheumatism, neuralgia, lumbago or sciatica?
30. Have you pressure or sharp pain in the top of the head, with difficulty in collecting your thoughts?
31. Do you have a tired feeling in the region of the kidneys?

TEST: Fill a bottle with urine. Let it stand a day. If a sediment is formed the Kidneys are diseased.

