

# WEIGHTS AND MEASURES



## Long Measure

12 Lines	1 Inch
4 Inches	1 Hand
12 Inches	1 Foot
3 Feet	1 Yard
6 Feet	1 Fathom
5½ Yards	1 Rod or Pole
40 Rods	1 Furlong
8 Furlongs	1 Mile
3 Miles	1 League
69½ Miles	1 Degree
1760 yds. or 5280 ft.	1 Mile
6075.81 ft.	1 Nautical Mile

## Square or Land Measure

144 Sq. Inches	1 Sq. Foot
9 Sq. Feet	1 Sq. Yard
30½ Yards	1 Sq. Rod
40 Poles or Rods	1 Rood
4 Roods	1 Acre
640 Acres	1 Sq. Mile

## Cubic or Solid Measure

1728 Inches	1 Solid Foot
27 Feet	1 Solid Yard
42 Feet	1 Ton Shipping
128 Feet	1 Cord Wood

## Land Survey Measure

7.92 Inches	1 Link
100 Links	1 Chain
1 Chain	66 Feet
10 Sq. Chains	1 Acre

## English Money Table

4 Farthings	1 Penny
12 Pence	1 Shilling
20 Shillings	1 Pound

## Avoirdupois Weight

16 Drams	1 Ounce
16 Ounces	1 Pound
14 Pounds	1 Stone
25 Pounds	1 Quarter, C
28 Pounds	1 Quarter, E
4 Quarters	1 Hundred wt
20 Hundred wt.	
2000 lbs., Can.	1 Ton
2240 lbs., Eng.	

## Paper

24 Sheets	1 Quire
20 Quires	1 Ream

## Apothecaries' Weight

20 Grains	1 Scruple
3 Scruples	1 Dram
8 Drams	1 Ounce
12 Ounces	1 Pound

## Troy Weight

24 Grains	1 Penny wt
20 Penny wts.	1 Ounce
12 Ounces	1 Pound

## Cloth Measure

2½ Inches	1 Nail
4 Nails	1 Quarter
3 Quarters	1 Flemish Ell
4 Quarters	1 Yard
5 Quarters	1 English Ell
6 Quarters	1 French Ell
37 Inches	1 Scotch Ell

## Measure of Capacity

4 Gills	1 Pint
2 Pints	1 Quart
4 Quarts	1 Gallon
9 Gallons	1 Firkin
36 Gallons	1 Barrèl
63 Gallons	1 Hogshead

## Dry Measure

2 Pints	1 Quart
4 Quarts	1 Gallon
2 Gallons	1 Peck
4 Pecks	1 Bushel
36 Bushels	1 Chaldron

## Time Measure

60 Seconds	1 Minute
60 Minutes	1 Hour
24 Hours	1 Day
7 Days	1 Week
4 Weeks	1 Month
12 Months, or } 365½ Days..... }	1 Year
100 Years	1 Century

## Days in the Month

30 days hath September,  
April, June and November;  
February has 28 alone,  
And all the rest have 31;  
But Leap Year coming once  
in four,  
February then has one day  
more.



# Threw Away Her Crutches



Mrs. J. A. Wallis

## Toronto Lady Makes Affidavit

In Order That Other Women May Know How She Has  
Been Cured After Years of Suffering.

Mrs. A. Burnett, 303 1/2 Gerrard St. East, Toronto, writes:—"I really feel it a public duty to state the wonderful benefits I have received from Dr. Chase's Nerve Food. I am a woman now in the prime of life, and I don't think any of my sex have suffered the agony that I have. I can give proofs of doctors who have advised and given medicine to me, but none have ever come near the relief that I have gained since taking your Nerve Food. Without doubt they are what they are represented, a sure cure. I am a younger woman by far since I have taken them. I always was dizzy, shaking and sick, with a shocking, splitting headache. Dr. Chase's Nerve Food has made me a different woman. I shall always tell any of my friends who are run down to get this Food cure, as I consider they are worth their weight in gold."

Declared before me at the City of Toronto, in the County of York, this 9th day of October, 1917.

(Sgd) ALICE BURNETT

Daniel J. O'Donoghue, a Commissioner, etc.

Cured of Inflammatory Rheumatism 10 years ago by using Dr. Chase's Nerve Food—Extra good health ever since

Mrs. J. A. Wallis, 17 House Avenue, Brantford, Ont., writes:

"About ten years ago I was troubled with inflammatory rheumatism, and my system was in a generally run down condition. I tried several doctors here, and many different medicines, but received no benefit from any of them. I kept getting worse, and became so bad that I had to use two crutches to get around the house. One day I felt 'all in' and completely discouraged. The baby was sitting on the floor playing with a newspaper. She tore a piece off, and I happened to pick it up. I glanced over it, and my attention was attracted by a letter from some one who had been cured by Dr. Chase's Nerve Food. I had never tried this remedy, but decided right then to see what it would do for me. While taking the first box, I found they were doing me good, as they seemed to put more life into me. So I continued the treatment, using box after box, until I had taken 24 boxes. I felt so much better that I did not need any more medicine of any kind, and have not taken any for years."



Mrs. A. Burnett

Golden Number . . . . . 1  
Roman Indiction . . . . . 2

1919

Dominical Letter . . . . . E  
Solar Cycle . . . . . 24

Epoct . . . . .  
Julian Period . . . . . 6,65

## Zodiacal Signs

T Aries, Head and face

### The Seasons

♈ Gemini, Arms  
Sun enters Aries—  
Spring begins, Ont.  
and Que. Mar. 21st 9 Leo,  
11 a.m. Mar. Prov. Heari  
Mar. 21st, noon.

♋ Libra,  
Summer begins, Ont.  
and Que. June 22nd,  
7 a.m. Mar. Prov.  
8 a.m.

♌ Sagittarius,  
Autumn begins, Ont.  
and Que. Sept. 23rd,  
10 p.m. Mar. Prov.  
11 p.m.

♍ Aquarius,  
Sun enters Capricornus  
—Winter begins, Ont.  
and Que. Dec. 22nd,  
4 p.m. Mar. Prov.  
5 p.m.



♊ Pisces, the Feet

## Festivals, Anniversaries, Etc.

New Year's Day . . . . .	Jan. 1	St. George . . . . .	Apr. 23	St. John Baptist (Midsum- mer day) . . . . .	June 2
Epiphany . . . . .	6	Low Sunday . . . . .	27	Dominion Day (Tuesday) . . . . .	July
Septuagesima Sunday . . . . .	Feb. 16	Accession of K. George V. . . . .	May 6	Labor Day . . . . .	Sept.
St. David . . . . .	Mar. 1	Victoria Day . . . . .	24	Hebrew New Year—Rosh Hashanah . . . . .	2
Quinquagesima—Shrove Sun. . . . .	2	Rogation Sunday . . . . .	25	St. Michael (Michaelmas Day) . . . . .	2
Ash Wednesday . . . . .	5	Birthday of Queen Mary 1867 . . . . .	26	All Saints . . . . .	Nov. 3
Quadragesima—1st Sunday . . . . .	9	Ascension Day (Holy Thurs.) . . . . .	29	St. Andrew . . . . .	3
in Lent . . . . .	9	Birthday of K. George V. . . . .	June 3	First Sunday in Advent . . . . .	3
St. Patrick . . . . .	17	Hebrew Pentecost—Shebuoth . . . . .	4	Birthday of Queen Alexandra . . . . .	Dec.
Annunciation—Lady Day . . . . .	25	Pentecost—Whit-Sunday . . . . .	8	Conception Day . . . . .	2
Palm Sunday . . . . .	Apr. 13	Trinity Sunday . . . . .	15	St. Thomas . . . . .	2
Good Friday . . . . .	18	Corpus Christi . . . . .	19	Christmas Day (Thursday) . . . . .	2
Easter Sunday . . . . .	20	Birthday of Prince of Wales . . . . .	23		
Easter Monday . . . . .	21				

## Morning and Evening Stars

**MERCURY**—Will be at its greatest elongation east on March 21, July 18, and November 12, when it may be seen soon after sunset in the western sky about those dates. At its greatest western elongation January 6, September 1, and December 21 when it may be seen early in the morning before sunrise in the eastern sky.

**VENUS**—Will be at its greatest elongation east 45 degrees 28 minutes on July 5 and at its greatest elongation west 46 degrees 44 minutes on November 23. It will be an evening star to September 12 and a morning star to the end of the year. It will be at its greatest brilliancy on August 7 and again on October 20.

**MARS**—An evening star to May 9 and then a morning star for the rest of the year.

**JUPITER**—An evening star from January 2 to July 20, then a morning star the rest of the year. The Satellites or moons of Jupiter are not visible from June 27 to August 11 owing to proximity to the sun.

**SATURN**—A morning star to February 14, evening star to August 12 and then a morning star rest of the year. Venus and Saturn will be seen in close approach during the evening about July 2, in the western sky. Venus being south of Saturn.

## Eclipses, 1919

In the year 1919 there will be three eclipses, two of the Sun and one of the Moon.

I.—A total eclipse of the Sun May 28, 1919, invisible in Canada.

II.—A partial eclipse of the Moon November 7, 1919. The beginning visible generally in Asia except the eastern portion, Europe, Africa, the eastern portion of N. America, and S. America except the extreme western part, the ending visible generally in W. Asia, Europe, Africa, S. America, and N. America except the extreme western part. At Toronto the moon enters the penumbra 4h. 34m. p.m. leaves the umbra 7h. 30m. p.m. leaves the penumbra 8h. 55m. p.m. Magnitude of the Eclipse 0.184.

III.—An Annular-Eclipse of the sun, November 22, 1919, visible in eastern and central Canada as a partial eclipse. At Montreal the eclipse begins 7h. 50m. a.m., Greatest phase 9h. 5m. and ends 10h. 21m. a.m. Magnitude 0.37. At Toronto it begins 7h. 42m. a.m. and ends 10h. 13m. a.m. Magnitude 0.46. At Quebec, begins 7h. 59m. ends 10h. 24m. a.m. Magnitude 0.33. These times are 75th Mer. Standard Time. At St. John, N.B. begins 7h. 6m. ends 10h. 50m. a.m. 60th Mer. Time, Magnitude 0.39.

## Explanation and Use of the Calendar with Examples

Owing to the use of *Standard Time* instead of *Local Mean Time* throughout Canada it is impossible to give a general table of the times of sunrise, sunset, moonrise, etc., that would be accurate for every place, therefore the Calendar has been calculated for *Standard Meridian* and *Mean Latitude* of the more thickly settled parts of the various Provinces. This necessitates a correction to be applied to the calendar times for places not on this meridian or latitude. Table I contains the correction to the calendar times for differences in longitude to be used for both Sun and Moon. Table II contains the correction for differences in latitude for use in case of the Sun only for the reason that the Moon's changes in declination are so very rapid compared to that of the Sun that no table of corrections can be conveniently made for it. Table I may be used for the Moon and will give for all practical purposes its time of rising and setting sufficiently near enough. The following examples show how the tables are used. The sign + indicates the correction is to be added and the sign - to be subtracted from the calendar times.

**EXAMPLES.** At what time does the moon rise at Haliburton on May 15th? We find in the calendar the moon rises 8 h. 12 min. p.m. and the correction in Table I for Haliburton + 17 which added to 8 h. 12 min. makes the time 8 h. 29 min. at Haliburton for moon rise. When does the moon rise at Toronto on July 14th? The calendar gives 8 h. 19 min. p.m. and Table I + 18 which makes 8 h. 37 min. moonrise at Toronto.

When does the sunrise at Quebec on June 10th? We see the calendar time is 4 h. 15 min. a.m. The correction from Table I is minus 15 with letter F for use in Table II, which gives a further correction of minus 9 minutes. Both corrections being applied to the calendar time gives 3 h. 49 min. for Quebec time of sunrise.

**NOTE.** During the portion of the year in which daylight saving time is used, one hour has to be added to all times in this calendar almanac.

### TABLE I. Corrections for Differences in Longitude For the Sun and Moon

**Nova Scotia and Prince Edward Island.** All corrections are in minutes to be added to the calendar. Charlottetown + 13E, Halifax + 14D, Parrsboro + 17D, Sydney + 1E, Truro + 13D, Windsor + 16D, Yarmouth + 24C.

**New Brunswick.** All corrections are to be added. Chatham + 22E, Dalhousie + 1C, Fredericton + 26E, Moncton + 19E, St. John + 24D, St. Stephen + 29D.

**Quebec.** All corrections are subtractive. Bromie + 10D, Chicoutimi + 16C, Father Point + 27H, Montreal + 8E, Quebec + 15E, Richmond + 11E, Sherbrooke + 12E, Three Rivers + 10E.

**Ontario.** All corrections to be added. Aurora + 18C, Barrie + 19C, Berlin + 22B, Brantford + 21B, Belleville + 19C, Brockville + 2D, Bobcaygeon + 14D, Cobalt + 19F, Colborne + 20B, Cochrane + 24H, Collingwood + 20D, Chatham + 29A, Clinton + 26C, Cobourg + 13C, Elora + 22C, Galt + 22B, Gravenhurst + 17D, Guelph + 21C, Goderich + 27C, Georgetown + 20C, Halleybury + 18F, Hamilton + 19D, Haliburton + 14D, Huntsville + 17D, Ingersoll + 23B, Kingston + 6C, Kinmount + 14D, London + 25B, Lindsay + 15C, Mount Forest + 23C, Midland + 19D, Napanee + 8C, North Bay + 18E, New Liskeard + 19C, Orillia + 18D, Ottawa + 8D, Orangeville + 20C, Port Stanley + 25B, Perth + 6D, Pembroke + 8E, Picton + 9C, Port Hope + 13C, Peterboro + 13C, Parry Sound + 20D, Ridgetown + 28A, Renfrew + 7D, Southampton + 25D, Stratford + 24B, Sutherland + 27B, St. Catharines + 17B, St. Thomas + 25B, Toronto + 18C, Woodstock + 23B, Warton + 25D, Winham + 26C, Windsor + 32A.

**Note.** The letters attached to the figures in this table have reference to the lettered columns in Table II and are used in connection with finding the rising and setting of the Sun. For the Moon the figures in Table I without reference to the attached letters are the only corrections to be applied to the calendar times.

### Table II. Corrections for Differences in Latitude of Places and Declination of the SUN

See full explanation on preceding page.

	A		B		C		D		E		F		G		H	
	Sun Rise	Sun Set														
January	-9	+0	-6	+0	-3	+0	0	0	+3	+0	+6	+0	+9	+0	+12	+0
February	-6	+6	-4	+4	-2	+2	0	0	+2	+1	+4	+3	+6	+5	+8	+7
March	-1	+11	-1	+1	0	+0	0	0	+0	+0	+1	+1	+2	+1	+1	+1
April	+5	+5	+3	+3	+2	+2	0	0	+1	+1	+2	+3	+4	+5	+6	+7
May	+9	+5	+6	+6	+3	+3	0	0	+3	+3	+6	+6	+9	+9	+12	+12
June	+12	+12	+8	+8	+4	+4	0	0	+4	+4	+9	+9	+13	+13	+18	+18
July	+10	+10	+7	+7	+4	+4	0	0	+3	+3	+7	+7	+11	+11	+16	+16
August	+6	+6	+4	+4	+2	+2	0	0	+2	+2	+5	+5	+7	+7	+10	+10
September	+1	+1	+1	+1	+1	+1	0	0	+1	+1	+2	+2	+2	+2	+3	+3
October	-3	+3	-2	+2	-1	+1	0	0	+1	+1	+2	+2	+3	+3	+4	+4
November	-8	+8	-6	+6	-3	+3	0	0	+3	+3	+6	+6	+8	+8	+11	+11
December	-11	+11	-7	+7	-4	+4	0	0	+4	+4	+8	+8	+12	+12	+16	+16

## The Old Doctor

We always liked to have some trifling ailment, so we could send for him to come, and hear his brightly comment on things far and near. Flavored with kindness, like the sugared pill, He gave us for each slightest ache or chill. And when there came a cause for graver fear, We saw with hopes upheld by quickened cheer His gait white pony toiling up the hill. He held no cult of new and subtle arts, Yet his keen skill their pretence might have shamed. Father confessor to a thousand hearts, He solved more woes than those their bodies claimed. Strong, human, wise, he eased their souls of pain, And made both flesh and spirit whole again.

-Charlotte Becker

## How to Keep Fit?

This is the question the great war has forced into attention. We have been shocked at the large proportion of inefficients found among men applying to enlistment. Are we to become a nation of invalid or will we profit by this experience and set our house in order? Dr. Chase's Almanac offers many suggestions on how to keep the body healthy by curing minor ills and irregularities and thereby preventing serious disease. In addition to this medical information this almanac contains as an exclusive feature, the most complete calendar data obtainable.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases - Ont. and Que.			Max. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun. Rise	Sun. Sets	Moon Rise	Moon Sets
<b>Jan. 1919</b>				a New Moon	2 3 24 a.	2 4 24 a.	9 8 55 a.	Sun. Rise	Sun. Sets	Moon Rise	Moon Sets
				b First Quarter	9 5 55 a.	9 6 55 a.	16 4 42 a.	Rise	h. m.	Rise	h. m.
				c Full Moon	16 3 44 a.	16 4 44 a.	24 0 22 a.	Sun. Rise	Sun. Sets	Moon Rise	Moon Sets
				d Last Quarter	23 11 22 p.	23 12 22 p.	31 7 7 p.	Sun. Rise	Sun. Sets	Moon Rise	Moon Sets
				e New Moon	31 6 7 p.	31 7 7 p.		Sun. Rise	Sun. Sets	Moon Rise	Moon Sets
1	W	♌	Month starts	Cold and drizzly. Plume here, sleighing.	7.38	4.28	6.54				
2	T	♍		Robt. and Winnie receive line thro' to Woodville.	7.39	4.29	sets.				
3	F	♎	cold	Plot and rain. Robt. returning grain.	7.39	4.30	6:18				
4	S	♏		Cold and rain. Plot and rain again.	7.39	4.31	7.23				
5	S	♏	with snow	Go by search for missing on an.	7.38	4.32	8.54				
6	M	♐		Medical for Professor Huntley, plot.	7.38	4.33	9.51				
7	T	♑	and storm	Robt. made call on Jack O. etc.	7.38	4.34	11.03				
8	W	♒		Recd. to H. formal card enjoyed contents.	7.38	4.35	a.m.				
9	T	♓		Perfect day, dressed, put 3.65 lbs.	7.38	4.36	0.17				
10	F	♈	Slight	Smr. every twig covered, 10 inches on ground.	7.38	4.38	1.32				
11	S	♉		Very stormy day and cold yet, 23 degrees.	7.37	4.39	2.46				
12	S	♉	milder	No ice morning, out they dead the freeze.	7.37	4.40	3.56				
13	M	♊	with rain	Wm. Adamson called on business, Wm. Ad.	7.36	4.41	5.03				
14	T	♈	and	Paid "Picton Advocate" for this year.	7.36	4.42	6.59				
15	W	♉	with	Some school are absent because of flu.	7.36	4.43	8.47				
16	F	♊	Colder	Plot Aubrey \$10.00 school tax, just come due.	7.35	4.45	9.54				
17	S	♈	again	Robt. got two loads of birch and maple trees.	7.34	4.46	6.40				
18	S	♈		Plot also Campbell's home. Jim over sea.	7.34	4.47	7.46				
19	S	♈	some	Jim seek. got 10 eggs, then 60 or more.	7.33	4.49	8.51				
20	M	♉	and	Recd. mail from Nottingham and Bonn.	7.32	4.50	9.55				
21	T	♊	very	Plot wedding anniversary, got stamps for collection.	7.32	4.51	10.53				
22	W	♈	stormy	Falmer got 5 skunks, collected some sections.	4.51	4.52	11.57				
23	F	♉		Woman burned to death in nearby town.	7.30	4.54	0.17				
24	F	♊	fine	Dot seeds from W.B. Rain & morning down.	7.29	4.55	0.42				
25	S	♈	clear	Ruth & Helen called on friend, Dr. Nicholson Hill.	7.28	4.57	1.59				
26	S	♉	and	Time, Jim reading "Janeyne", Mr. McDaniel ill.	7.28	4.58	2.58				
27	M	♊	low	Picton decides to hold exhibition this fall.	7.27	4.59	3.52				
28	T	♈	temper	Half year passed in school and hall.	7.26	5.01	4.44				
29	W	♉	ature	Wm. W. on the road & Anna visit here.	7.26	5.03	5.51				
30	T	♊		Weather exceedingly fine for time of year.	7.24	5.04	6.14				
31	F	♈		18 2 doz egg \$5.00, shall not be blowing all.	7.22	5.05	sets				

The well-known medicines of the famous Receipt Book author.

## Canadian Winter

With January comes real winter, and to the native Canadian this is the season most typically his own. He delights in the clear, crisp air and the beautiful snow. He feels the thrill of vigor and energy in his body and takes a joy in expending it, whether in the lumber camp or at winter sports.

It is only when the fresh air is deserted for the dry, vitiated atmosphere of overheated rooms that trouble comes from coughs, colds, bronchitis, and similar ailments. Under these circumstances it is customary to use Dr. Chase's Syrup of LIMESEED AND TURPENTINE to allay the inflammation, loosen the cough and break up the cold before it reaches the lungs.

"Sorry, Brown," said the doctor after the examination. "You're in a very serious condition. I'm afraid I'll have to operate on you." "Operate!" gasped Brown. "Why, I haven't any money for an operation. I'm only a poor working man." "You're insured, are you not?" "Yes, but I don't get that until I'm dead." "Oh; that'll be all right," said the doctor, consolingly.

### Went to Dr. Chase in 1867

"In the year 1867 I was very bad with my kidneys. I could not work on account of my back being lame, sore and painful all the time. Though I carefully followed the directions of our family doctor he was unable to do me much good. At this time Dr. A. W. Chase was becoming known as an especially successful physician, and on the advice of my uncle, Charles Williams, I went to Dr. A. W. Chase in Ann Arbor, Michigan, and he gave me a box of his pills for kidney disease.

"You can scarcely imagine how much good they did me. They helped me so much that I went back to the doctor and bought a dozen boxes. In my mind there is not a medicine half so good as Dr. A. W. Chase's Kidney-Liver Pills for kidney trouble and headache. We always keep them in the house as a family medicine, and I would not think of using any other."

—Mr. C. W. Parish, Sturgeon Bay, Ont.



**DR. A. W. CHASE, M.D.**  
 RACING PHYSICIAN  
 ANN ARBOR, MICH.  
 1863

"Who is this Dr. Chase?" we are sometimes asked by persons who know his medicines, but are not familiar with his interesting life story.

The boyhood days of Dr. A. W. Chase were spent in the vicinity of Buffalo, N. Y., and as he had early decided to be a medical doctor, he took the first opportunity of attendance at the University of Michigan, located at Ann Arbor.

After graduation he began the practice of medicine in Ann Arbor, Mich., and at the time represented in the illustration his reputation as a physician of exceptional skill had spread far beyond the confines of his State, and people came to him for treatment for many miles around.

As he was accustomed to travel across western Ontario to his native city of Buffalo, he frequently stopped over at Canadian towns and cities for special consultation, and in this way made many friends in Canada.

The character and personality of Dr. Chase was such that to know him was to love him. He inspired confidence and respect, and made lasting friends wherever he went.

And thus it happened that when Dr. Chase placed his most successful prescriptions on the market, so that the people might obtain them more readily, they met with a hearty reception in Canada, as well as in the United States.

# Rebuilding the Nervous System by Feeding the Nerve Cells

An explanation of the method by which Dr. Chase's Nerve Food has proven so successful in curing diseases of the Blood and Nerves

On the purity and richness of the blood, health and even life itself depends. So long as the quality and quantity of the blood is maintained, the heart throbs away with untiring energy, forcing the life-giving blood through the body and by means of the same all essential blood, repairing its own waste.

When the blood of a healthy person is analyzed, it is found to contain various elements of Nature which under proper conditions are derived from the food we eat. Unfortunately, however, by reason of various forms of indigestion, and because of the artificial life we live, more especially in the winter season, the blood becomes thin and watery and quite lacking in the ingredients which go to create nerve force and rebuild the wasted cells and tissues of the body.

By supplying these elements of Nature in a rich blood as composed in an easily assimilated form, Dr. Chase's Nerve Food brings about natural and gradual restoration of health and strength. True, it is not in any miraculous way, but by the only means which nature has provided for the formation of new rich blood and the revitalizing of the whole human system.

Not only for all diseases of the nerves, but also as a restorative after fevers, la grippe or other debilitating diseases, and as a spring medicine to invigorate the system and ward off disease, it would be difficult to imagine a treatment more admirably suited than this great medicinal food cure.

There is not an organ in the human body, or for that matter a cell or tissue, but must be benefited by this treatment as it is carried by the blood through all its channels of circulation. Weakness, fatigue, irregularity of action must everywhere disappear before the vigor and vitality instilled by Dr. Chase's Nerve Food. Not that it is in any sense a cure-all but because of its extraordinary influence through the mediums of the circulation of the blood and the various branches and fibres of the nervous system.

## Nervous Prostration

Mrs. Gertrude M. Burrell, Clementsport, N.S., writes: "I have used Dr. Chase's Nerve Food with splendid results. For a number of years I was afflicted with nervousness, and six years ago had a complete breakdown. I had no control of my nerves and had terrible hysterical spells. I could not sleep, had night sweats, awful dreams and nightmare. My physician gave me medicine to put me to sleep every night, and another kind to take every two hours during the day, but it did not seem to do me any good, only while I was taking it. I never really expected to get well. Reading about Dr. Chase's Nerve Food one day, I gave it a trial, and the results from the first box encouraged me, so I continued its use, and found my nerves getting steady and stronger. My appetite improved and I gained in strength, ambition and flesh. Now I am able to do considerable work, and can highly recommend Dr. Chase's Nerve Food as a good tonic for the whole system."

(Alonzo W. Daniels, J.P., says: "It gives me great satisfaction to vouch for the testimony of this young lady and the benefit she has received from your wonderful discovery.")



## Best Nerve Specialist in England Consulted

The writer of this letter was corralled a bunch of colts when his horse fell over a barbed-wire fence, and he was carried to the Royal Inland Hospital, Kamloops, B.C., in an unconscious condition, remaining in this state for three weeks.

Not being able to obtain restoration of the internal nerves which control the action of the digestive and other vital organs, he travelled to Europe and consulted England's greatest nerve specialist, Sir Victor Horsley. Relief was only temporary, in spite of many treatments used.

His letter gives the facts briefly, and tells how he was finally cured by using Dr. Chase's Nerve Food. Can you imagine any more severe test of this great nerve restorative?

Mr. Henry F. Venn, Gefu Ranch, Malakwa, B.C., writes: "Dr. Chase's Nerve Food has restored my nervous system and given me new health. Having met with a severe accident seven years ago, from which I was unconscious, and which left my nerves in a very sore plight, I was treated by doctors galore, and consulted one of the greatest nerve specialists in England, but nothing seemed to do me much good. Hypophosphites and, in fact, all and every kind of nerve mixture in almost every form was used, but never with more than temporary benefit.

But Dr. Chase's Nerve Food has acted very differently, for it has built up my nervous system until I feel like my old self again. If this medicine will do for others what it has done for me, I shall not regret having written this letter. I have recommended the Nerve Food personally to many, and shall always esteem its great restorative value."

## A Partial Stroke

Mr. W. C. Bell, 530 Ontario St., Kingston, Ont., writes: "About a year ago I had a partial stroke, affecting my left side, which was numb. I also suffered from nervousness, headaches and sleeplessness. Having a Dr. Chase's Medical Book at hand, I read about the blacksmith who had the same trouble as I, and who had derived great benefit from taking Dr. Chase's Nerve Food. Therefore I concluded to try it for myself. I have now taken nine or ten boxes, and can take off my coat without any trouble, as I used to have to get somebody to pull it over my shoulder for me. I can walk and sleep much better and the numbness in my fingers and left side is also much better. I am going to continue with Dr. Chase's Nerve Food for the progress I have made in getting around as rapidly as I have is very encouraging. I have great confidence in Dr. Chase's Nerve Food and recommend it."

## Irritable Nerves

Mrs. Geo. Denton, 217 Bruce St., Brantford, Ont., writes: "I was very nervous and it made me irritable. I could not get to sleep at night, and would imagine all sorts of impossible things. My nerves became so bad that if any thing moved past me unexpectedly, it would unsettle me, and I would have to go off by myself to try and get quieted down. At this stage, I got a box of Dr. Chase's Nerve Food and commenced using it. Before I had taken very many I found the benefit of this treatment. I got a few more boxes and continued to use them. They did me a great deal of good, built up my system and strengthened me so that I am no longer bothered at all with my nerves now, and my irritability has disappeared. I also gave some of the Nerve Food to my little girl of six years. She seemed to be nervous and had a sort of twitching of her face. The Nerve Food was just what she required, and she is all right now."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				h. m.	a. p.	h. m.	a. p.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
1	S	Cap	Fair	7	52 p.	7	52 p.	7:41	5:06	6:36
2	S	Cap	and							
3	M	Cap	cloudy							
4	T	Cap	at							
5	W	Cap	fair							
6	T	Cap	very heavy							
7	F	Cap	storms							
8	S	Cap	with							
9	S	Cap	with							
10	M	Cap	with							
11	T	Cap	snow							
12	W	Cap	fall							
13	T	Cap	ing							
14	F	Cap	fair							
15	S	Cap	with							
16	S	Cap	at times							
17	M	Cap	very							
18	T	Cap	weather							
19	W	Cap	or							
20	T	Cap	con-							
21	F	Cap	tinues							
22	S	Cap	at							
23	S	Cap	coldly							
24	M	Cap	follow							
25	T	Cap	ed							
26	W	Cap	by							
27	T	Cap	snow							
28	F	Cap	falls							

**\$500.00 IN PRIZES**  
 Will be awarded in the great Diary Competition. For full particulars see pages 16 and 17.

Like his famous Receipt Book Dr. Chase's Medicines are always reliable

## Indoor Life

This is the month when we hug the stove or radiator, provided we are fortunate enough to have some heat-producing fuel and breathe the vitiated indoor air.

Winter food is artificial and we eat too much meat. The result is that by February our systems are overloaded with poisonous impurities and we suffer from pains and aches, kidney troubles and rheumatism.

Brisk outdoor exercise would help us, but the quickest way to get the liver, kidneys and bowels aroused to action is by the use of Dr. Chase's KIDNEY-LIVER PILLS. A few doses of this great family regulator will cleanse your blood and make you feel fine.

Are you living a full and successful life? Do you know the joy of healthful living? It not, read what Dr. Chase's NERVE FOOD can do for you by building up the exhausted nervous system.

### Enough Said

"Why do you consider women superior to men in intelligence?"  
 "A bald-headed man buys his restorer by the bottle, doesn't he?"  
 "Er—yes."  
 "Well, a woman doesn't waste time on a hair-restorer; she buys hair." — *Tu-Bis.*

## Nervous Prostration

Mrs. Geo. S. ELLER, 46 Davidson St., St. Catharines, Ont., writes: "My husband had an attack of nervous prostration and although he doctored for some time and tried different other medicines, he could not get relief. He had to resort to 'sleeping' powders given him by the doctor to make him sleep. The greater part of the trouble seemed to be with the nerves of his stomach. He began to lose weight, and kept on going down until he had lost twenty pounds. We had read advertisements in the newspapers for Dr. Chase's Nerve Food, and noticed that it seemed to be doing a lot of good for people troubled with nervousness, so my husband decided to try it. He found benefit almost from the start, and continued this treatment until he had taken about twelve or thirteen boxes. The results were most satisfactory. He is now

enjoying good health, sleeps well, and has gained back nearly all the weight he had lost. He also uses Dr. Chase's KIDNEY-LIVER PILLS occasionally, and thinks them an excellent remedy. I have also used this latter medicine for dizzy spells and liver trouble and was completely cured of these complaints. We tell a great deal of Dr. Chase's medicines; a cannot speak too highly of them.

## Neurasthenia

Otherwise known as Nervous Prostration or Exhaustion.

Neurasthenia is sometimes described as a prolonged condition of over-fatigue. We work and get tired, we sleep and eat, and are again as new beings ready for another day's work. But the comes a time when the nightly rest and the weekly day of rest are not sufficient to restore energy.

Not only are the voluntary muscles tired—those which control the movement of the body; but the nerves which control the vital organs fail and we know the condition is serious. The nerve cells are not dead or paralyzed would result. But they are not properly nourished, and therefore cannot repair their own waste.

Sleep fails, and with loss of sleep comes further debility, irritable temper and a tendency to fear and worry. Some fear to be alone while others fear a crowd for fear of the future is the most common symptom which makes life miserable if the sufferer from exhausted nerves.

Stimulants and narcotics cannot give more than temporary relief and then only at an enormous expense to the nervous system. The nerve cells must be restored and revitalized by such upbuilding treatment as Dr. Chase's Nerve Food. The efficiency of this food cure has given it a wide reputation as the most rational and most dependable nerve restorative obtainable.

## Two Brains Control Mind and Body

An intricate nerve mechanism on which depends health and life

One of the most striking features of the workings of the human body is the fact that we have two brains. The mechanical brain is situated low down at the back of the head and looks after the working of the lungs, heart, stomach, and other vital organs, while the mental or thinking brain occupies the rest of the skull.

You can readily see that life depends on these two brains working separately. For what would happen if we had to give thought to each heart beat and each respiration of the lungs not to mention thousands of other activities of the bodily organs? And how could we sleep if we had to be continually thinking of all the details involved in the act of living?

These brains consume about one-fifth of all the blood used in the human body, and just as soon as the quantity or quality of the blood is lessened, the work of the brains and the whole nervous system is interfered with. The concentration of the thinking brain is interrupted and the little brain fails to send out new nervous force to control the action of the heart, stomach, lungs, etc.

These brains are the power houses for the whole nervous system and must be supplied with an abundance of rich red blood—the only fuel from which they can manufacture nerve force.

When your digestive system fails to supply sufficient rich blood to keep up vigor and vitality you can turn to Dr. Chase's Nerve Food as the most satisfactory means science has yet discovered to form new rich blood and instil new snap, vim and energy into the nervous system.

## Very Weak and Nervous After Operation

Mrs. JOS. WAKELIN, Box 25, Cobocook, Ont., writes: "I had an operation for peritonitis, and was given up to die by three doctors. Naturally, I was terribly weak and nervous. I could not sleep, nor digest my food. I commenced taking Dr. Chase's Nerve Food, and they put me on the road to recovery. I took fifteen boxes in all, and am at present hale and hearty. Before I started this treatment, I weighed only 107 pounds, and my weight to-day is 155 pounds. I am enjoying good health, and would recommend Dr. Chase's Nerve Food to all suffering from nervous trouble of any kind."

## "Wouldn't Know You You Look So Well"

Mrs. H. McDERMOTT, 74 Catherine St. S. Hamilton, Ont., writes: "I had a nervous breakdown and suffered from a slight attack of St. Vitus' Dance. Later my left side became partially paralyzed. If I even picked up a dish, I would drop it. I could not hold anything in my hands. Then my feet became affected—they became numb and I could not get around very much. My memory began to fail me, and I could not remember recent events. I became so bad that I could not take care of myself so went to the hospital. I spent five months there, but the treatment did not prove effective, so I came home again. After coming home, my auntie advised me to try Dr. Chase's Nerve Food, and I did so. To my surprise, I found the first box helped me. I did not jump so much, my shoulder became a little straighter, and I had more feeling in my hands. I continued taking the Nerve Food until I had used about six boxes, and by that time I could do my own work and felt quite well. The paralysis was cured, and my nerves were quite steady. I felt like an entirely different woman. A lady who saw me recently said: 'My, I would hardly know you, you look so different.' I did not think you would ever recover!" Since my illness I always keep a box of Dr. Chase's Nerve Food on hand in case of emergency, and can heartily recommend them to anyone suffering from nerve trouble of any kind.

## Nerves So Bad Would Sit and Cry

Mrs. JOHN DENISSE, 89 Oak St., Windsor, Ont., writes: "Last summer I had a nervous breakdown, my condition was so bad that if the least thing bothered me I would sit down and cry. I was also troubled with a shortness of breath, which seemed to prevent my speaking out loud. I could not raise my voice above a whisper. For a long time I could not do any heavy work about the house, not even sweeping. I tried different medicines and remedies without any success. Finally I tried Dr. Chase's Nerve Food, taking several boxes. This was the only medicine that did me any good. From the first I noticed an improvement, and the results were so encouraging that I kept on using this treatment until I had recovered. I feel so much better now—my nerves are strengthened, and I am able to do my own housework. From the benefits I have received from Dr. Chase's Nerve Food I am pleased to be able to recommend it to other sufferers."

## Thin, Watery Blood Great Weakness

Mrs. M. A. COULING, 61 Stanley St., Kingston, Ont., writes: "For a number of years suffered from a run down condition of the system, due to overwork. I could not sleep, was restless and worried. I had pains through my back, buzzing in the ears and twitching my nerves and muscles. I had indigestion and my appetite became poor. I would get drowsy after eating and frequently suffered from great weakness. My circulation was poor, my hands and feet always cold and my heart action was weak. I consulted doctors, but they could do nothing for me. Whilst in this condition I decided upon a trial of Dr. Chase's Nerve Food. After taking eight boxes of this medicine, I am relieved of all the symptoms from which I suffered before, and in general I feel like a new woman. I used to be very constipated, so I took Dr. Chase's Kidney-Liver Pills in connection with the Nerve Food and am completely cured of that trouble too."



**Anaemia**

"Only tired"  
This is the way anaemic, bloodless people usually describe their condition.

But there is a pallor of the lips, eyelids and gums which denotes the thin, watery state of the blood. Faded feelings tell of muscular weakness. Failure of the digestive organs indicates their weakened action. The system is running down because the blood is lacking in the nutritive element which is necessary to rebuild the system.

**DR. CHASE'S NERVE FOOD**

by the daily work and in the process of living.

In this weakened condition one is an easy prey to colds and all contagious diseases. The blood must be enriched by such restorative treatment as Dr. Chase's Nerve Food before you can hope to regain strength.

Anaemia does not correct itself, and consequently the greatest danger lies in neglecting to take active treatment until the strength is too far wasted.

Many thousands have been cured of anaemia by using Dr. Chase's Nerve Food, and this is the best proof that it will not fail you.

It supplies, in condensed and easily assimilated form, the ingredients from which nature forms rich red blood. Consequently, the benefits obtained are both thorough and lasting.

If you will read the letters published in this booklet you will better understand what Dr. Chase's Nerve Food is doing for persons whose blood is thin and watery and who need restorative treatment for the blood and nerves.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time			
				Ont. and Que.	Mar. Prov.	Ont. and Que.	Mar. Prov.	Ont. and Que.	Mar. Prov.	Ont. and Que.	Mar. Prov.	Ont. and Que.	Mar. Prov.
<b>Mar. 1919</b>				New Moon	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Ont. and Que.	Mar. Prov.	Ont. and Que.	Mar. Prov.	
				First Quarter	8 10 14 p.	16 11 41 a.	16 11 41 a.	16 11 41 a.	8 10 14 p.	16 11 41 a.	16 11 41 a.	16 11 41 a.	
				Full Moon	16 10 24 p.	24 3 34 p.	24 3 34 p.	24 3 34 p.	16 10 24 p.	24 3 34 p.	24 3 34 p.	24 3 34 p.	
				Last Quarter	24 3 34 p.	31 4 5 p.	31 4 5 p.	31 4 5 p.	24 3 34 p.	31 4 5 p.	31 4 5 p.	31 4 5 p.	
				New Moon	31 4 5 p.	31 5 5 p.	31 5 5 p.	31 5 5 p.	31 4 5 p.	31 5 5 p.	31 5 5 p.	31 5 5 p.	
				Sun Rises	h. m.	Sun Sets	h. m.	Moon Rises	h. m.	Sun Rises	h. m.	Moon Rises	h. m.

1	S	♈		Wingless Herbert lost a cow.	6.40	5.46	5.47
2	S	♈		Found two lambs in sheep snow.	6.39	5.47	sets
3	M	♈	Month	Silver thaw. Pte Victor House frame.	6.37	5.49	7.27
4	T	♈	begin	Robt got 11 lbs for veal alone.	6.36	5.50	7.04
5	W	♈	very	Ballad on Rural. Saw a gray bird.	6.35	5.51	10.31
6	T	♈	stormy	Rain. Cold. Got 1 N Journal the fund.	6.31	5.53	11.35
7	F	♈		Lena has lot of ice. Robt cutting poles below.	6.30	5.54	a.m.
8	S	♈		Herbert's pig. Anna in cold and snow.	6.28	5.55	0.44
9	S	♈		I took a walk in twitch roads way.	6.26	5.57	1.47
10	M	♈	spell	Rain. snow going fast today.	6.24	5.58	2.40
11	T	♈	of	Miss Barry died. A perfect shot.	6.22	5.59	3.24
12	W	♈	hip	Kathleen got work. business test.	6.20	5.61	4.00
13	T	♈	cold	Mrs. Mc Gregor cow had triplets, three.	6.18	5.62	4.52
14	F	♈	weath.	Robt hauling logs boards to be.	6.17	5.63	4.59
15	S	♈	er	Very cold. Robt and cow the wheat are here.	6.15	5.64	5.24
16	S	♈	A	Tom sick. weather cold and clear.	6.13	5.66	risng
17	M	♈	few	A workman came. Ruth hurt her knee.	6.11	5.67	7.28
18	T	♈	stormy	Silver thaw. teacher here to tea.	6.09	5.68	8.33
19	W	♈	days	Sam Galemer got 5 corn pellets.	6.07	5.10	9.43
20	T	♈	and	Sent order to Eaton. the oatmeal order help.	6.05	5.11	10.33
21	F	♈	then	Recht. heart number of farm journal.	6.04	5.12	11.30
22	S	♈	hear	Lebbie Rose ill. had young. hard to haul.	6.02	5.14	winr
23	S	♈	and	Spring like. Pearl seen a robin.	6.00	5.15	0.25
24	M	♈	cold	Colder again. the weather is colder.	5.58	5.16	1.15
25	T	♈	turns	Mice Rise very low. the snow melts.	5.56	5.17	1.55
26	W	♈	mild	Wm Adamson got 17 corn pellets.	5.54	5.19	2.37
27	T	♈	for	Robt is town. Miss Rose the same.	5.52	5.20	3.11
28	F	♈	few	Black birds are here. and out part a hen.	5.50	5.21	3.48
29	S	♈	days	Bought 2 little pigs. paid \$12.00 for them.	5.49	5.22	4.13
30	S	♈		I seen 6 blue birds. snow storm again.	5.47	5.24	4.45
31	M	♈		Found one third duck e.g. today.	5.45	5.25	sets

## March Winds

March is the least liked of all the months of the year. With east winds and sudden changing temperature it becomes the month of many deaths. People in low vitality often struggle through the winter in their fight with disease only to be overcome by their enemy in March.

Much can be done to withstand the trying weather of March by fortifying the system. Dr. CHASE'S NERVE FOOD is used with splendid results in this connection, because it forms new rich blood and builds up the system generally. Most people find the need of restorative treatment of this kind in the Spring and the popularity of Dr. CHASE'S NERVE FOOD is the best proof of the good results accomplished by its use.

"Is your husband much of a provider, Ma-lindy?"

"He jes ain't nothin' else, ma'am. He gwine to git some new furniture providin' he gits de money; he gwine to git de money providin' he goes to work; he go to work providin' de job suits him. I never see such a providin' man in all mah days."

## School Boy's Nerves Completely Exhausted

But he got along fine by using Dr. Chase's Nerve Food

Mrs. W. A. STARNAMAN, 54 Braun St., Kitchener, Ont., writes: "For a couple of years my little boy, aged 12 years, was troubled with nervousness. This nervousness was more evident at school, even than at home. It seemed a great difficulty for him to get along at school on account of his nerves. The teacher complained about it, and suggested that perhaps it was due to his eyes. We had his eyes tested, but the specialist said it was not due to his eyes but to his nerves. Then we commenced giving him Dr. CHASE'S NERVE FOOD, and before the first box was finished I could see that it was helping him. He took about three boxes, and now he is getting along well at school, and we have no complaint from the teacher at all. At night he sleeps splendidly, and in general is wonderfully improved. We have also found Dr. CHASE'S KIDNEY-LIVER PILLS a splendid medicine."

## Pale, Weak, Nervous Children

Children may inherit nervous constitutions, but the great cause of nervousness in children is malnutrition—the lack of properly nourishing food. Rickets, St. Vitus' Dance, sleeplessness, irritability, weak eyes, fickle appetite—these are some of the accompaniments of nervous exhaustion in children.

Since nervous diseases are most easily cured in their first stages, mothers should be keen to detect the symptoms and by patient treatment help the child to outgrow these conditions.

The most trying time is often around the age of 12 to 15, when in addition to the demand school work is making and the rapid growth of the body, there are physiological changes taking place which incur still further strain on the nervous system. At this critical age, DR. CHASE'S NERVE FOOD proves of marvellous benefit by forming new rich blood, invigorating the nerve cells and keeping vitality at high water mark.

## St. Vitus' Dance

Mrs. W. A. MARR, Cordova, Man., writes: "My little girl, ten years old, was not very well, and I noticed some rather odd ways about her. She used to act very strangely at times. I asked the doctor what could be the matter, and he said she had St. Vitus' Dance, to keep her quiet and out of school. He said treatments weren't any use for her. She was affected in this way for a year. I thought something ought to be done so in looking over Dr. Chase's Almanac, I read several testimonials from people who had used Dr. CHASE'S NERVE FOOD. I sent for six boxes, and started this treatment with my daughter. Before she had finished the first box I could see a great change in her, and by the time she had taken the six boxes, she was completely cured. She is well now, and going to school every day."

"Another daughter of mine has found Dr. CHASE'S CATARRH POWDER very beneficial, and we always keep the KIDNEY-LIVER PILLS on hand as a household remedy for backache, etc."

# The Voice-O-Phone

THE reproduction of the human voice which seemed so marvellous but a decade or two ago is now accepted along with other great inventions as part of everyday life, and everywhere people are availing themselves of this means of education and entertainment.

Several instruments have been placed on the market, and, as improvements have been made, new attachments have been added. But what we want to tell you about is an entirely new instrument—the Voice-O-Phone—in which has been embodied all the new and special features which, we believe, make it the most desirable reproducing instrument obtainable.

## New Features

1. The voice-o-phone plays all makes of records without any extra attachments.
2. The motor, which is the very heart and life of a phonograph, is of special high grade construction and is perfectly noiseless.
3. The Inner Horn, or throat of the instrument, is built like a violin of seasoned white spruce so as to give the natural clear, pure tone of the human voice.
4. The cases are made of solid Oak and Mahogany, carefully and strongly built and beautifully finished.

## The Electric Voice-O-Phone

It is with some measure of pride that we call your attention to the Electric Voice-O-Phone, for this is, we believe, the ideal instrument of the future.

There is no winding to do—no turning down in the middle of a selection—while

the Automatic Stop saves you the trouble of running to stop the mechanism at the end of every record.

This instrument is fitted with a perfect electric motor which is positively noiseless and requires no special care. It is run by the house current or dry cells.

### Prices

	Double Spring Motor	Electric Motor
Style A...	\$60.00	\$80.00
" B	110.00	130.00
" C	180.00	210.00
" O	35.00	55.00

These prices are for Eumen, Oak cases; an additional charge of \$5.00 is made for Mahogany.

The Voice-O-Phone will be shipped direct if we have no agent in your locality.

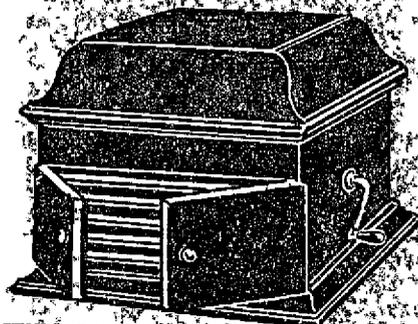
Write to-day for illustrated Catalogue

## THE VOICE-O-PHONE

24 Duncan St., Toronto

AGENTS WANTED

Druggists get in touch with us



STYLE O, \$35.00

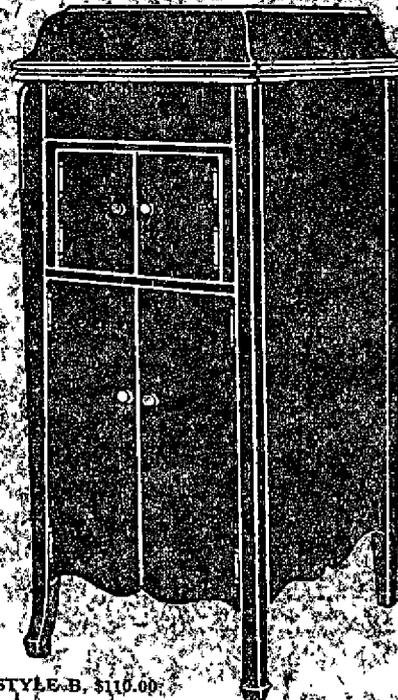
## GET A VOICE-O-PHONE FREE

THIS year the diary contest will be bigger, better, and more interesting than ever. It is open to everybody, whether a previous competitor or not. The only condition is that the record be kept in Dr. Chase's Calendar Almanac.

In order that there may be absolute fairness to all concerned the awards will be made by a committee of three well-known newspaper men. The writing should be in ink and preference will be shown for neatly kept records of everyday events in the life of the writer.

These items may be of a social or personal nature or may take the form of a record of business transactions.

Farmers find the Almanacs invaluable as a record of time of planting, breeding, harvest-



STYLE B, \$110.00

In the Great

## Diary Contest

ing, work done on certain crops, prices obtained, money received and paid out, notes due, etc.

### \$500.00 Worth of Prizes

To be Awarded as follows:

Prize	Description	Value
1	Electric Voice-O-Phone, EC	\$210.00
2	D.S., B	110.00
3	D.S., A	60.00
4	D.S., O	35.00
5	Records to value	15.00
6	Records to value	10.00
7 to 13 inclusive	Dr. Chase's Receipt Book in Kerfol Binding, \$4.90 each	34.30
14 to 20 inclusive	Dr. Chase's Receipt Book in cloth binding, \$4.50 each	31.50
		\$505.80

This competition is open to all but must be kept in Dr. Chase's ALMANAC and sent in not later than January 15, 1920. Why not get an almanac and try for a prize? When sending in your Diary, address

**Edmanson, Bates & Co., Limited**  
DIARY CONTEST, TORONTO, ONT.

Be careful to write plainly and enter your name and address below.

Name *Mrs. Robt. W. McEldred,*  
Address *Scotch Hill East, Pretoria*

Kindly note that, as your Almanac contains writing, it is necessary to pay 6 cents postage, letter rate.

DATE	MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER & TEMPERATURE	Moon's Phases Ont. and Que. Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
					☾	☽	☽	Sun Rises	Sun Sets	Moon Sets
1	APRIL	T	ARIES	Breeze fine and mild	First Quarter	7 7 39 a.	7 8 39 a.	5.43	6.26	7.55
2		W	ARIES		☉ Full Moon	15 3 25 a.	15 4 25 a.	5.41	6.33	8.13
3		T	ARIES		☾ Last Quarter	23 8 21 a.	23 7 21 a.	5.39	6.29	10.29
4		F	ARIES		☽ New Moon	30 0 30 a.	30 1 30 a.	5.37	6.30	11.36
5		S	ARIES					5.35	6.31	8.41
6		S	TAURUS	Colder with rain				5.34	6.33	6.34
7		M	TAURUS					5.32	6.34	7.22
8		T	TAURUS					5.30	6.35	8.02
9		W	TAURUS					5.28	6.36	8.54
10		T	TAURUS					5.26	6.38	9.02
11		F	TAURUS					5.24	6.39	9.27
12		S	TAURUS					5.23	6.40	9.51
13		S	GEMINI	Weather on change				5.21	6.42	4.16
14		M	GEMINI					5.19	6.43	4.41
15		T	GEMINI					5.17	6.44	5.06
16		W	GEMINI					5.15	6.45	6.26
17		T	GEMINI					5.14	6.45	7.23
18		F	GEMINI					5.13	6.45	10.17
19		S	GEMINI					5.10	6.44	11.07
20		S	CANCER	rain				5.09	6.50	11.53
21		M	CANCER	Clear				5.07	6.52	8.21
22		T	CANCER					5.05	6.53	8.54
23		W	CANCER					5.04	6.54	1.09
24		T	CANCER					5.02	6.55	1.41
25		F	CANCER					5.00	6.57	2.10
26		S	CANCER					4.59	6.58	2.40
27		S	LEO					4.57	6.59	3.09
28		M	LEO					4.56	7.00	3.39
29		T	LEO					4.54	7.02	4.13
30		W	LEO					4.52	7.03	4.48

## Spring Fever

That extreme lassitude which comes upon one when the first warm weather arrives is commonly called Spring Fever. All winter long we have been using artificial foods and living shut up in overheated rooms where the air is dry and impure. Consequently Spring finds the body overlaid with poisons, the blood thin and impure and the nervous system at a more or less high tension.

Most people find that Dr. Chase's Nerve Food is of incalculable value as a Spring tonic and restorative to enrich and purify the blood and increase the energy and vigor of the human system. For this reason they make it a custom to buy half a dozen boxes at this time of year and with its use escape the depressing, discouraging effect of Spring Fever.

Seth Woodbury was a light-hearted, hard-hearted old farmer. His brother William dying, the neighbors said, from lack of proper treatment, Seth hitched up and drove into town to have a notice about his death inserted in the weekly newspaper.

"There ain't no charges, be there?" he asked anxiously.  
"Oh yes, indeed," answered the advertisement manager, "our price is 15 shillings an inch."  
"Cracky," muttered the old man, "an' Bill six foot two."

## Improves the Blood

Disease can only be cured by and through the blood and its circulation in the living parts of the body.

Any means that improve the quality, the quantity and the movement of the blood will assist in eliminating disease.

Dr. Chase's Nerve Food makes the purest and richest of blood, increases the amount of blood and by enlivening the heart's action, adds to the rapidity of circulation.

This explains why this food cure so quickly restores persons who are pale, weak and lacking in nerve force, to health and vigor.

## Nerves Paralyzed After Typhoid Fever

Was helpless for three years but this Food Cure nourished him back to health and strength

Mrs. J. Wick, 75 Cambria St., Stratford, Ont., writes: "In 1898 my husband was taken ill with typhoid fever. Later he had a relapse and paralysis of the nerves set in. For about three and a half years he was helpless and under the doctor's care. Then we had a specialist who held a consultation with our own doctor. The result was we were told that all he required was building up. A friend advised us to try Dr. Chase's Nerve Food. At first we found the whole pill too strong so we cut it in two and gave half a pill a dose for a while, and later the whole pill. The results were simply splendid. Of course after such a long illness it took some time to get his system built up again. But in about a year and a half he was able to go to work again, and has not lost any time since. For the last fifteen years he has used Dr. Chase's Nerve Food at intervals, and has never been disappointed in results. He generally takes one Krumbey-Liver-Pill a week also. With this combination he keeps well with no signs of the old trouble. We can therefore recommend the use of Dr. Chase's Nerve Food and also the Krumbey-Liver-Pills very highly."

## Strength Restored After Diphtheria

Mrs. S. J. Henderson, 93 Winnett St., Woodstock, Ont., writes: "Some time ago my little girl had an attack of diphtheria, and it left her in a very weak and run-down condition. She also seemed to be very nervous. I had read of Dr. Chase's Nerve Food, and the good it was doing, so decided to try them with my daughter. After taking a treatment of this medicine, she became strong and healthy and her nervousness left her. Since then I have used the Nerve Food with my other children whenever they seem to need a tonic, and always find splendid results. I am pleased to recommend this treatment to anyone afflicted with nervousness or a run-down system."

## A Warning To Mothers

The mother who gives headache remedies to the members of her family, and especially to her children, is in my opinion committing a crime," writes Dr. H. W. Wiley in *Good Housekeeping*. "All the headache remedies that I know are heart depressants, and are extremely dangerous."

When there is headache look for the cause. In the great majority of cases it will be found to be an exhausted condition of the nervous system. By overcoming this condition, Dr. CHASE'S NERVE FOOD will remove the cause of trouble by restoring the nerves. It is not an immediate relief for headache, but an effective cure.

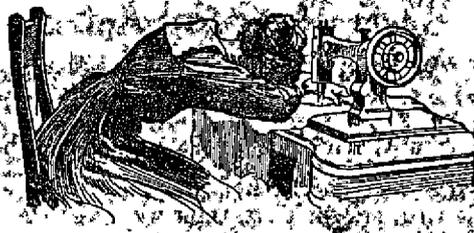
## Severe Headaches

Miss ANNE KANE, 30 Botiller Street, Ottawa, Ont., states: "I have been afflicted with severe headaches. They were of a neuralgic nature and the pain would sometimes be in the back of my head and neck. I was also quite dizzy at times and nervous. The use of Dr. CHASE'S NERVE FOOD has entirely cured these headaches and done me a world of good, as it has steadied my nerves and toned up my system generally."

## Head Ached Frequently

Mrs. RENA PAGE, Chauvigny, Alta., writes: "I have used Dr. CHASE'S NERVE FOOD with splendid results. Some little time ago I seemed to lose my appetite and suffered from frequent headaches. A treatment of the Nerve Food soon put me on my feet again. It helped my appetite, freed me of headaches, and restored my health. I feel like a new man now, and think Dr. CHASE'S NERVE FOOD the greatest remedy ever known. I also have to thank Dr. CHASE'S OINTMENT for a speedy cure of barber's itch. I have used it for pimples and burns too."

(Certified to by Leger E. Roy, N.P., Chauvigny, Alta.)



## Nervous Headaches

Mrs. H. STINSON, Port Haney, B.C., writes: "I have been very sick with nervousness and this trouble settled to settle in my head. I had nervous headaches, numbness in my head and also in my hands and feet. I had a pain around my heart all the time. I read in Dr. CHASE'S Almanac about the Nerve Food, and the first box I took helped me. This treatment has been of great benefit to me, and it is the only thing that has done me any good."

(Rev. G. H. FINLAY, Port Haney, B.C., also writes: "This is to certify that I know Mrs. Stinson, and vouch for the facts as stated above.")

## The Stabbing Pains of Neuralgia

Neuralgia is known by sharp, darting pains, with intervals of dull aching. The pain follows the nerve trunks or spreads to other nerves or tender spots.

The word neuralgia is most frequently applied to pains in the head. When the same trouble strikes the back it is lumbago, and in the hip sciatica, because it follows the sciatic cord.

The cause is anemic condition of the blood and exhausted nerves. The treatment indicated is Dr. CHASE'S NERVE FOOD because this food cure supplies directly to the blood stream the elements which are necessary to the upbuilding of the nervous system.

If neglected, the attacks of neuralgia become more frequent and more severe, and as age advances cure is most difficult to obtain.

## When The Head Aches—Pains in the Head Be Warned of Danger and Seek Out the Cause—Twitching of Nerves

There is usually relief from headache by the use of powerful narcotic drugs which deaden the nerves. The temptation to use such treatment is great and many yield to it in the belief that they are getting somewhere because for a time they feel better. As a matter of fact they are going backward for the shock to the nervous system is enormous and the reaction leaves one in a more exhausted condition.

Headache may result from a disturbance of the digestive system resulting from inactivity of the liver and bowels, and under this condition the use of Dr. CHASE'S KIDNEY-LIVER PILLS will correct the cause and afford a cure.

Persistent headaches, however, usually point to an exhausted condition of the nervous system and are accompanied by sleeplessness, irritability, tired brain and nerves, and general weakness of the body and its vital organs.

Under these circumstances Dr. CHASE'S NERVE FOOD is the most rational treatment obtainable. It is not a mere relief, but a nourishing, upbuilding restorative which cures by removing the cause of trouble. You do not want to neglect the warning headache and fall a victim to nervous prostration or paralysis. Put this great food cure to work to-day, and note the returning vigor and energy as the nervous system is restored.

## The Sands of Time

**The Optimist:** "Cheer up, Bert. The war will soon be over, and we'll all be back in good old Blighty!"

**The Pessimist:** "Tis all very well for you to talk like that, Charlie—you're one of the lucky ones. But I'll never see Blighty no more. When you and the boys go home they'll put me on to emptying the blinkin' sandbags!"

—London Opinion.

So nervous could not sleep—Health now fully built up

Mrs. E. M. FORT, 32 Delaware Ave., Chatham, Ont., writes: "For four years I suffered from my nerves. I was restless and could not sleep well. I had headaches, neuralgic pains through the body and backache. There was a buzzing in my ears and twitching of nerves and muscles. I also had palpitation of the heart, which caused shortness of breath. I was easily tired and always drowsy after eating. When walking on my feet very much, my feet would seem to go dead in my shoes. I consulted two doctors and both told me that I would have to have an examination and probably an operation, but I would not have either. Shortly after this I commenced using Dr. CHASE'S NERVE FOOD, and after a treatment of this medicine I can say I am now feeling fine. I am able to do my household duties without difficulty, and besides this attend to a half-acre of garden. I can go about without that dead feeling in my feet, and am grateful to Dr. CHASE'S NERVE FOOD for my cure. I think very highly of this medicine, and recommend it to other sufferers whenever I have an opportunity."

## Neuralgic Pains

Mrs. W. T. ALPORT, 536 Paterson St., Peterboro, Ont., writes: "My system was in a run down condition, and I was troubled with nervousness and sleeplessness. For some time, also, I had been bothered with neuralgia, and although I tried many remedies it was without success. Upon the advice of a friend I commenced using Dr. CHASE'S NERVE FOOD, and found in five or six days that my neuralgia was cured, and I have not been troubled in this way since. I also find that now I can eat and sleep well, and I give full credit for this great benefit to Dr. CHASE'S NERVE FOOD. I might also mention that I had lost considerable weight, but after using the Nerve Food I gained back the flesh I had lost. My husband has also found Dr. CHASE'S NERVE FOOD of great benefit to him, and uses it when he feels run down from overwork. I have recommended the use of this great medicine to many of my friends and acquaintances."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WIND DIRECTION	Moon's Phases One. and Ques.		Mar. Prev.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				d. h. m.	d. h. m.	d. h. m.	Sup. Rise	Sen. Sets	Moon Sets	
1	T	Cap	Cap	First Quarter	6 34 p.	8 7 34 p.	4.31	7.04	9.16	
2	F	and	and	Full Moon	14 38 1 p.	14 39 1 p.	4.28	7.08	10.51	
3	S	Mild	Mild	Last Quarter	22 8 4 p.	22 8 4 p.	4.25	7.07	12.15	
4	S			New Moon	29 8 12 a.	29 8 12 a.	4.26	7.08	a.m.	
5	M	Rain	Rain				4.25	7.09	0.00	
6	T	U.	U.				4.24	7.10	0.49	
7	W	Wind	Wind				4.23	7.12	1.06	
8	T	South	South				4.21	7.13	1.32	
9	F	or	or				4.20	7.14	1.56	
10	S	S.W.	S.W.				4.18	7.15	2.19	
11	S	Cap	Cap				4.17	7.16	2.41	
12	M	U. fr.	U. fr.				4.15	7.17	2.49	
13	T	N. W.	N. W.				4.14	7.17	3.22	
14	W	Spring	Spring				4.13	7.20	3.54	
15	T	Cold	Cold				4.11	7.21	4.12	
16	F	and	and				4.11	7.22	5.05	
17	S	back	back				4.10	7.23	5.25	
18	S	Wind	Wind				4.09	7.24	10.25	
19	M	mail	mail				4.08	7.25	11.49	
20	T	Some	Some				4.07	7.26	12.49	
21	W	Preparing	Preparing				4.06	7.26	1.02	
22	T	McDonn	McDonn				4.05	7.27	0.12	
23	F	A party	A party				4.04	7.30	0.40	
24	S	Five	Five				4.03	7.31	1.01	
25	S	P. T.	P. T.				4.02	7.32	1.36	
26	M	Raining	Raining				4.01	7.33	2.02	
27	T	by	by				4.00	7.33	2.43	
28	W	Cold	Cold				4.00	7.35	3.22	
29	T	spell	spell				4.01	7.36	3.70	
30	F	Sheet	Sheet				4.01	7.37	3.01	
31	S	So cold	So cold				4.00	7.37	3.41	

Regulate the bowels with Dr. Chase's Kidney-Liver Pills

## Housecleaning

With Spring comes housecleaning, and then what a turmoil the house is thrown into for a week or two. Carpets and curtains are ripped out, the furniture is changed around, and nobody knows where to find anything. And what a worry there is over housecleaning. Why not avoid this nervous strain by keeping the house clean all the time or by doing one room at a time throughout the year.

And how about bodily cleanliness? We refer now particularly to internal cleanliness, purity of the blood and health of the filtering organs. We have to depend on the liver and kidneys to rid the blood of the poisonous waste matter and hence the importance of keeping these organs healthy and active by the use of such treatment as Dr. Chase's Kidney-Liver Pills. Disease germs cannot thrive any more in a clean body than in a clean house. Therefore, keep the body clean.

## Hens That Are Fed Right Will Lay in Winter

DEPEND ON PELLETS FOR YOUR WINTER EGGS. Fresh eggs in winter are scarce and bring a high price. If you want your hens to lay in the winter, here are some feeding suggestions that will help you:

**VARIETY IS IMPORTANT.** If the various feeds are within the reach of the hen, she will balance her own ration.

**GRAIN.** Equal parts of corn, wheat, and oats make a good grain ration. Mix and scatter this in a deep litter.

**BEAN AND SOYBEAN WITH MILK OR BEER SCRAP.** These are important. They furnish the protein. Most people neglect to feed enough protein to their fowl.

**GREEN FEED.** Alfalfa, clover, cabbage, turnips, make good green food.

**WATER.** About 74 per cent of an egg is water. Often the lack of enough water in the winter is responsible for your not getting eggs.

**GIRT, OYSTER SHELL AND CHARCOAL.** Keep a supply of these before the fowl. The more your hens eat, the more material they will have to turn into eggs.

**PROPER HOUSING.** Give the hen a home comfortable, but not hot, light, dry, well ventilated but free from drafts, clean and free from lice, mites, etc.

## Intimate Relations of Liver and Kidneys

And how nine-tenths of human life are controlled by Dr. Chase's Kidney-Liver Pills

It is well known that the liver, kidney and bowels are intimately associated; the work of filtering the poisonous impurities from the blood. No sooner do the liver fail than an undue pressure is thrown on the kidneys to try to rid the blood of the poisons.

Hence torpid, sluggish liver action, soon followed by derangements of the kidneys and the bowels in turn become constipated. With these filtering and excretory systems disorganized, the blood is laden with poisons which it carries in its course through the body. Pain, aches, rheumatism and lumbago are some of the results. The digestive system is entirely upset and such dreaded diseases as appendicitis, peritonitis and Bright's disease find their beginning.

Because of their direct and specific action on the liver, kidneys and bowels, Dr. Chase's Kidney-Liver Pills are the most satisfactory treatment you can possibly obtain to regulate these organs. It is undoubtedly because of this combined action that Dr. Chase's Kidney-Liver Pills prove effective in complicated cases which defy ordinary medicines.

With this explanation in mind you will readily understand why these pills are the standard family medicine in so many thousands of homes for the regulation of these vital organs and the prevention and cure of nine-tenths the ills of human life.

The pleasure in travel comes mostly from talking about it to people who have never made the trip.

## When the Kidneys Break Down

The Blood is Poisoned and Most Serious Diseases Result.

One thousand ounces of blood pass through the kidneys of an average man in an hour, or, in other words, the blood circulates through the kidneys about three times an hour.

Is it any wonder that the kidneys get tired and worn out when you think of their constant work of eliminating the poisonous uric acid waste from the blood? Particularly when the liver and bowels get sluggish and clogged and an additional burden is thrown on the kidneys.

This explains why kidney diseases very frequently have their beginning with derangements of the liver and bowels. And this also leads up to the consideration of Dr. A. W. Chase's Kidney-Liver Pills, and their wonderful combined action on the kidneys, liver and bowels.

In most cases of kidney disease, these other organs are also affected and you cannot reasonably expect a mere kidney medicine to bring about a cure. It is the serious, complicated cases that have proven the superiority of this combined action, and by a test of this medicine in your own case you can soon readily verify this fact.

The torpid, sluggish liver is awakened, the action of the bowels aroused and soon the whole filtering and excretory system is set in motion. The kidneys are thus relieved of much of their burden and invigorated to healthful and natural action.

This is the most rational treatment you can imagine, and the results are fully up to the most sanguine expectations.

Occasionally a man takes a day off to celebrate the anniversary of his birth, but a woman usually takes a year off.

## Weak Kidneys Scalding Sensation

Strong testimony to the benefits of this treatment.

Mr. JOHN E. NOLAN, Dundas St. W., Napanee, Ont., writes: "For some time I was troubled with weak kidneys and used to have a scalding, burning sensation in my stomach. This was accompanied by dizziness and occasionally it would be so severe that I would stagger while walking. I commenced using Dr. Chase's Kidney-Liver Pills, and in a very short time my kidneys were in normal condition. Then I tried Dr. Chase's Nerve Food for the dizzy spells, and am glad to say that under this treatment they gradually disappeared. At present I am enjoying good health, and am pleased to recommend Dr. Chase's Kidney-Liver Pills and Nerve Food." (Endorsed by S. CASEY DENISON, Mayor.)

## Kidney Disease

Mr. C. E. RAYMUS, Lindale, Alta., writes: "I was a great sufferer from kidney disease and lame back for more than a year. A friend of mine one day told me of Dr. Chase's Kidney-Liver Pills, and acting upon his advice I tried them. After I had taken one box I felt better, so I continued until I had used five boxes. By this time I felt as well and strong as ever, and am glad to recommend Dr. Chase's Kidney-Liver Pills to anyone suffering as I did."

"I know Mr. C. E. Raymus, and believe his statement in regard to Dr. Chase's Kidney-Liver Pills to be true and correct." JOHN TORBERT, Postmaster.

## Dropsical Swelling

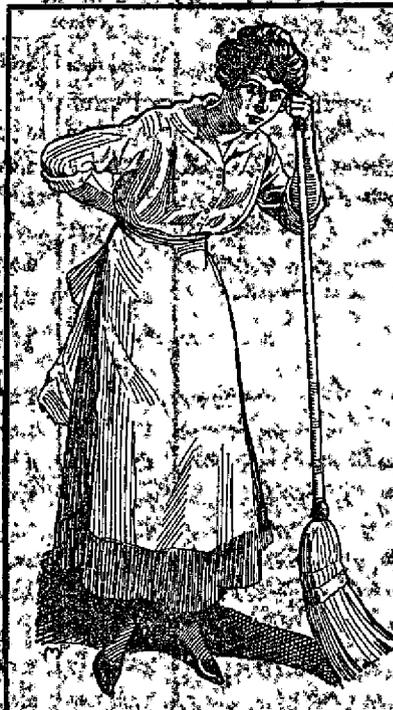
Miss LIZZIE E. GIBSON, Egerton, Ont., writes: "I was a great sufferer from kidney disease, headache and constipation. The trouble was of a dropsical nature as my legs would swell up and I could scarcely walk. The doctor did not seem to help me, so I started to use Dr. Chase's Kidney-Liver Pills. It took about five boxes to cure me, but I am now completely cured. I have no backache or headache now. The swelling disappeared when I had used the first box. I do not have to get up in the night now, and am satisfied that the cure is thorough."

## Pain in The Back is The Warning

That all is not right with the Kidneys

Any unusual strain in the back is likely to cause trouble with the kidneys. In woman's work there is sweeping, washing, mopping, etc., which are the usual cause of backache and kidney ache. Sometimes the trouble comes from sitting in a draft or going from the warm kitchen to hang out the clothes.

But whatever the cause, you can look to Dr. Chase's Kidney-Liver Pills as the most effective means of correcting such derangements. One pill a dose at bed time just often enough to keep the bowels regular ensures the healthful action of the liver and kidneys and rids poisons and pains from the body.



## Rheumatism is Now All Gone

No more pains, aches or suffering

Mr. G. H. RAY, R. R. No. 1, Kincairdine, Ont., writes: "Mrs. Ray has been using your Kidney-Liver Pills. She was very bad with rheumatism and eczema, and had had that fearful itch for twenty-seven years. It was simply terrible what she suffered. I persuaded her to try \$1.00 worth of Dr. Chase's Kidney-Liver Pills. She is now on the last box, and let me tell you she scarcely knows herself, she is so free from both these diseases. All the swelling and puffiness caused by the rheumatism has gone away and she has gone down in weight 18 1/2 pounds. She never has an ache or pain, biliousness, nor sick headache all these months. She often says herself, 'How glad I am that I know what to do instead of paying doctors so much to make me worse.'"

## Sciatica and Lumbago Disappear

Had suffered twenty-five years

Mr. W. T. COLLINS, Morpeth, Ont., writes: "It affords me pleasure to be able to speak favorably of two of Dr. Chase's medicines, the only ones I have had occasion to use, viz. Kidney-Liver Pills and Nerve Food. I have been a sufferer for twenty-five years from Sciatica, Lumbago, and Neuralgia, and tried almost all the remedies advertised, one partly or benefit until I commenced using Dr. Chase's medicines. I produced an improvement in my condition before I had used the first box of Nerve Food and Kidney-Liver Pills. I have so much confidence in these remedies that I have recommended them to dozens of my friends, and I have yet to hear of a single case wherein they failed to give satisfaction."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGN	MOON'S PHASES	Ont. and Que.		Mar. Prov.		Local Mean Time		
				h	m	h	m	Ontario	Quebec	and Maritime Provinces
<b>June 1919</b>				First Quarter	7:22 a.	5:58 p.	22:11	Sun Rises	Sun Sets	Moon Sets
				Full Moon	13 11 28 a.	13 0 23 p.	21:0	h.m.	h.m.	h.m.
				Last Quarter	21 0 33 a.	21:1 33 p.	20:5			
				New Moon	27 3 53 p.	27:4 53 p.	19:5			
1	S	♈	Changeable	Nearly first blossoms had withered from trees.	7:17	7:14	10:32			
2	M	♉	at	Saved from wheat, children poisoned with diet.	7:16	7:13	11:08			
3	T	♊	at	Baby at Staffordshire a wonderful child.	7:16	7:10	11:34			
4	W	♈	first	Region fields in bloom, weather is mild.	7:16	7:11	a.m.			
5	T	♉	with	Strawberries & cherries doing well as a whole.	7:16	7:12	0:01			
6	F	♊	fine	Finished with oats. Big Kate has a foal.	7:16	7:13	0:24			
7	S	♈	fine	Wet. I was in town.	7:16	7:13	0:48			
8	M	♉	at	Easy slide to Toronto prices before inflation.	7:16	7:14	1:12			
9	T	♊	warm	Colder. Mrs. Pearson moved to her new home.	7:16	7:14	1:40			
10	W	♈	at	Shutting outches & curtains at night.	7:16	7:14	2:11			
11	T	♉	at	Threats, but the fields are dry.	7:16	7:15	2:46			
12	F	♊	at	Right at hand with gust of wind.	7:16	7:15	3:22			
13	T	♈	with	At home at rest, they seem to get.	7:16	7:17	3:58			
14	S	♉	wind	Vegetables coming fine, fruit well set.	7:16	7:17	4:33			
15	S	♊	at	Very hot. Unusual day at 1 P.M.	7:16	7:18	5:11			
16	M	♈	rain	Grading exams all schools the same.	7:16	7:18	5:49			
17	T	♉	at	Planted my potatoes. I see a young farm.	7:16	7:19	6:28			
18	W	♊	at	At home here. I came from station.	7:16	7:19	7:07			
19	T	♈	at	Paid \$22.00 taxes, balance \$7.00 over.	7:16	7:19	7:46			
20	F	♉	at	Recd \$20.00 on better money from Alexander.	7:16	7:20	8:25			
21	S	♊	at	Not in town. Baker paid balance of wages.	7:16	7:20	9:04			
22	S	♈	at	Very cold, growth and prospects good.	7:16	7:21	9:43			
23	M	♉	at	Roll prepared, cellar & at ground.	7:16	7:21	10:22			
24	T	♊	at	Parties for teachers, and other around.	7:16	7:21	11:01			
25	W	♈	at	Arrested friend, Cluette, of the hell.	7:16	7:21	11:40			
26	T	♉	at	Not working, turning ground, 2 1/2 hills.	7:16	7:21	12:19			
27	F	♊	at	Paid \$16.00 balance of school tax.	7:16	7:21	12:58			
28	S	♈	warm	Picked 1st time strawberries, maybe a crop.	7:16	7:21	1:37			
29	S	♉	at	Got walk with the hardware, really great.	7:16	7:20	2:16			
30	M	♊	at	Not in town, and month is complete.	7:16	7:20	2:55			

Awaken the Liver with Dr. Chase's Kidney-Liver Pills

## Month of Roses

There is bloom and fragrance everywhere in the beautiful month of June. Nature is at its best. The green of the leaves and meadows is broken by the blossoms of trees and flowers. The birds are singing and all nature is joyous.

June is one of the healthiest months of the year. Nearly everybody gets out of doors and breathes the clean, fresh, vitalizing air.

But some there are whose systems have failed to respond to the balmy air of Spring and for such there is Dr. Chase's Nerve Food as the most effective means of creating new rich blood and instilling new vim and energy into the tired human body.

## The Lost and Found

When you lose your temper, you lose a valuable asset. When you lose your health, there's no use in advertising the fact. When you lose your self-respect, it's time to take invoice and lay in a new stock.

Don't lose your sense of gratitude for favors as they mellow with age. If you find the road to success, don't put out your rear lights. They may be a guide to some other fellow.

When you lose your grit, get the man ahead to put sand on the track. When you find a willing helper, don't take advantage. When you find a true friend, don't lose your appreciation. — Signs of the Times.

## Bright's Disease

When the kidney cells get out of order and permit the proteins of the blood to leak away, that is Bright's Disease. The blood thereby loses its nourishing quality and the human system is starved. This is a terrible condition for one to find himself in since it means a slow, lingering death.

The moral is to look ever and always to the health and activity of the kidneys, so as to prevent such developments. There is nothing like Dr. Chase's Kidney-Liver Pills to keep the liver, kidneys and bowels in healthful working condition.

## Symptoms of Kidney Disease

It is not pleasant to contemplate the approach of a Bright's disease, dropsy, gravel, rheumatism, or apoplexy, and yet these are the very diseases which one may expect who neglects to cure the derangements of the kidneys.

Among the symptoms of kidney disease are—

- Backache.
- Scanty, highly colored urine.
- Deposits in urine after standing.
- Painful, scalding urination.
- Continued plainness.
- Loss of flesh.
- Swelling of ankles and legs.
- Irregular action of the bowels.
- Rheumatism and sciatic pains.

If you suffer in this way there is no time to lose in beginning the use of Dr. Chase's Kidney-Liver Pills. You will search in vain for a treatment which will so soon call a halt to this terrible disease.

## Stone or Gravel Formed in Kidney

From uric acid deposits—cause most excruciating pains

Uric acid is accumulated in the blood as a product of digestion. When the kidneys fail to remove this poison from the blood, pain and suffering result.

It is from the excess of uric acid in the blood that gravel and stone in the kidney is formed. These sharp, jagged particles pass through the narrow tubes which lead to the bladder causing spasms of pain that are well-nigh indescribable. This is the gravest danger of the larger stone becoming fast in the passage, blocking the urine and endangering life.

By keeping the kidneys healthy and active by the use of Dr. Chase's Kidney-Liver Pills you can avoid these serious painful and dangerous derangements.

## The Symptoms of Torpid Liver

The liver when in health filters bile from the blood where it is poison and pours it into the intestines where it is necessary to digestion and the proper working of the bowels.

Once the liver becomes torpid and sluggish in action, the bile poison is left in the blood where it causes biliousness, jaundice and derangements of nearly every organ of the body.

Some of the symptoms of liver complaint and biliousness are

- Coated tongue.
- Bitter taste in the mouth.
- Attacks of headache.
- Rickety appetite and impaired digestion.
- Feeling of weight and oppression about the stomach.
- Pains under the left shoulder blade.
- Pale, muddy complexion.
- Depressed spirits and irritable temper.
- Constipation and looseness of the bowels.

The most satisfactory regulator of the liver is Dr. CHASE'S KIDNEY-LIVER PILLS. This well-known medicine has a direct and specific action on the liver, enlivening it in its work of filtering the blood and restoring its health and vigor.

## "Sluggish Liver" Was My Trouble

Mrs. I. P. SMITH, Paris, Ont., writes: "Sluggish liver was my trouble and I have been greatly benefited by using Dr. CHASE'S KIDNEY-LIVER PILLS two or three times a week. I have tried medicines from several good doctors, but none ever did me the same amount of good as Dr. CHASE'S KIDNEY-LIVER PILLS. I recommend them to every one of my friends that I know is suffering from the same complaint. Dr. CHASE'S medicines were about the only ones that came into my father's house, so I learned their value when young."

## Jaundice Resulted from Torpid Liver

Strong Endorsement of Dr. Chase's Kidney-Liver Pills—succeeded where all other treatment failed.

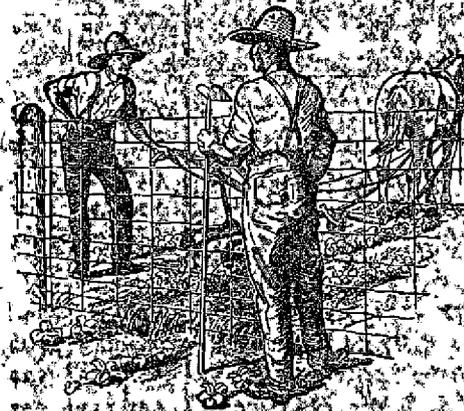
Mrs. CHAS. E. MELANCON, Plympton, N.S., writes: "My little girl was taken ill with jaundice in November, 1915, and we tried all kinds of medicines for her—doctor's medicines, and others—but everything failed. I was advised by a friend to try Dr. CHASE'S KIDNEY-LIVER PILLS. I did so, and a few doses relieved her, while one box made a complete cure."

"I myself have used two boxes of Dr. CHASE'S KIDNEY-LIVER PILLS, and they have cured me of headache and nervous trouble. I would not do without them in my house now. I hope that this letter may be of benefit to other poor sufferers."

## Bile is Useful In Its Right Place

Bile is usually thought of as a poison in the blood which causes biliousness, bilious headache and derangements of the digestive system. But like most things in Nature, bile is of the greatest usefulness when found in its right place. It is the duty of the liver to filter the bile from the blood where it acts as a poison, and to pass it into the bowels, where by its antiseptic influence it prevents the fermentations of the food and hastens its passage through the alimentary canal.

Consequently when the liver is inactive in supplying bile to the intestines, or bowels there is no constipation, no congestion of the kidneys, no clogging of the digestive system. By keeping the liver active Dr. CHASE'S KIDNEY-LIVER PILLS prevent and cure biliousness, constipation, chronic indigestion, as well as serious and complicated diseases of the liver and kidneys.



## Husband Quit Work Backache So Bad Obtained lasting cure by using Dr. Chase's Kidney-Liver Pills.

Mrs. W. H. HIGGINS, John's St., Ganarobou, Ont., writes: "My husband has made use of Dr. CHASE'S KIDNEY-LIVER PILLS for the last thirteen years. Previous to that he had severe attacks of kidney trouble, accompanied by severe pains in the back. He became so bad that he was unable to work. Finally he started using Dr. CHASE'S KIDNEY-LIVER PILLS, and the results were splendid. He quite recovered and by using an occasional Kidney-Liver Pill he wards off recurrent attacks and has never had any trouble since. We also use Dr. CHASE'S OINTMENT in our home, and find it an excellent salve."

## Sworn Statement of Remarkable Cure

Mr. J. A. ROBINSON, Sangudo, Alta., writes: "I suffered from kidney trouble for years, also had rheumatism in my back and down my leg, and sometimes I could not walk. The rheumatism would settle in my hip or the part of my leg and the pain was most unbearable. I tried three different doctors, but it was of no avail. I suffered in this way for about five years. Then Dr. CHASE'S KIDNEY-LIVER PILLS were recommended to me, and before I had used the first box I was completely cured. It is now eight years since I first took them and I am in the best of health to-day. I always keep Dr. CHASE'S KIDNEY-LIVER PILLS on hand and take one occasionally."

(Mr. D. B. KUHN, Commissioner of Oath, says: "Mr. J. A. Robinson, Sangudo, Alta., personally known to me, and I have never reason to believe him to be a man of his word under these and all other circumstances.")

Mrs. F. L. HARRIS, Kestley, P.O., Sask., writes: "I was suffering from liver trouble, had a heavy pain under one shoulder blade at the time, and was nearly as black as dirt around the eyes, so I concluded to try some of Dr. CHASE'S KIDNEY-LIVER PILLS. It did so, and before I had taken one 25c. box the pain was left me and I commenced to gain in flesh as by the time I had taken two boxes I was completely cured."

"How do you do it?"  
"Do what?"

"Work all day long with back bent over your crops—and return from the field fresh and vigorous at night. As for me I am tired out after a few hours work in the morning. My back is so bad."

"Well, I'll tell you. Many years ago our family began to rely on Dr. CHASE. We had his Receipt Book and soon found out that his advice could be depended upon."

"There was a time when my back bothered me so that I could not stand hoeing, pitching hay or any such work, but by using Dr. CHASE'S KIDNEY-LIVER PILLS as a regulator of the kidneys, liver and bowels, I got rid of backache and back weakness."

"You just try Dr. CHASE'S KIDNEY-LIVER PILLS, and if I don't miss my guess, you will soon be well right. We have found the occasional use of these pills the best means of keeping the system in good condition and of avoiding pains, aches and serious disease."

"I will certainly give them a trial, for I have often wondered how you have kept so well and fit."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	TEMPERATURE CHARACTER	July 1919			Local Mean Time Ontario, Quebec and Maritime Provinces		
				Moon's Phase	Out. Land Qrs.	Mag. Prov.	Sun. Rise	Sun. Set	Moon. Sets
				d. h. m.	d. h. m.	d. h. m.	h. m.	h. m.	h. m.
1	T	♈	Very cool, three races at West Bromwich.	4	10	17	7.50	10.02	
2	W	♉	Light finished reeding in m. ranch.	13	4	23	7.50	10.07	
3	T	♊	Breached on sheep, wool 1 lb. etc. per pound.	20	6	30	7.50	10.12	
4	F	♈	Arthur C. sold his farm, 7 cows and all round.	27	0	21	7.50	10.17	
5	S	♉	Picked berries 13 boxes filled.				7.50	10.22	
6	S	♊	Terrible electric storm, many wires killed.	4	10	17	7.49	10.27	
7	M	♈	Great rain, picked 27 boxes more.	13	4	23	7.49	10.32	
8	T	♉	Heavy frost, could scrape it at the door.	20	6	30	7.48	10.37	
9	W	♊	Sold 18 boxes to private customer today.	27	0	21	7.48	10.42	
10	F	♈	Ruth at party, Robt commenced his day.	4	10	17	7.48	10.47	
11	T	♉	Calam. for berries, 20 cts. by extra.	13	4	23	7.47	10.52	
12	S	♊	W. Fisher & Mr. Adams here, picked 137 boxes to date.	20	6	30	7.48	10.57	
13	S	♈	A beautiful day, Mrs. Grant very ill.	27	0	21	7.47	11.02	
14	M	♉	Ruth & Alma went fishing, 2 fish all.	4	10	17	7.47	11.07	
15	T	♊	Robt & Ruth in town with 60 boxes more.	13	4	23	7.45	11.12	
16	W	♈	Cottage Hospital, picnic, rain, hope to rain.	20	6	30	7.44	11.17	
17	T	♉	Ruth picking berries, sleep kept in the go.	27	0	21	7.43	11.22	
18	F	♊	Sub took class away for July 19th, 20th, 21st.	4	10	17	7.42	11.27	
19	S	♈	Rece. celebration, 14 boxes this date.	13	4	23	7.42	11.32	
20	S	♉	Mr. & Mrs. Bonner, lies, they came in their car.	20	6	30	7.41	11.37	
21	M	♊	Robt thinking turnips, cut near trees in blm.	27	0	21	7.40	11.42	
22	T	♈	Robt mowing, fruit in the fire oven.	4	10	17	7.39	11.47	
23	W	♉	Customer calling, Mrs. G. very ill.	13	4	23	7.38	11.52	
24	T	♊	Potatoe bug ball, all over the hill.	20	6	30	7.37	11.57	
25	F	♈	Robt raised load of slats for house, etc.	27	0	21	7.36	12.02	
26	S	♉	Andon's speaking for lambs, some worry and hives.	4	10	17	7.35	12.07	
27	S	♊	Robt & Ruth in town with farm produce.	13	4	23	7.34	12.12	
28	M	♈	Wife working and picking currants & cherries.	20	6	30	7.33	12.17	
29	T	♉	Mr. Gergoyne the fish man, called.	27	0	21	7.32	12.22	
30	F	♊	Because of the rain, the haying is stopped.	4	10	17	7.31	12.27	
31	W	♈	Thank God for us all the year round.	13	4	23	7.30	12.32	

## Heat Prostration

This is a land of great extremes in temperature. From the zero weather of winter we pass more or less gradually to the excessive heat of summer, until in July we find many falling prostrate as the result of the high temperature.

You can fortify the human system against the evil effects of extreme heat by the use of Dr. Chase's NERVE FOOD. This is the age of preventive treatment and this great food cure is above all a preventive medicine. By enriching the blood and filling the body with energy and vigor this restorative enables you to withstand the enervating effect of heat and keeps you strong and well. It is always easier to keep well than to get well and hence the wisdom of using Dr. Chase's NERVE FOOD.

The person of average intelligence knows more about what ails him than can any physician. Individuals are so different that no set of rules can be laid down for all. You must, therefore, be your own doctor and select the medicines which bring you the desired results.

## The Recipe for Success

By BERTON BRADLEY—In *Forbes Magazine*

It's doing your job the best you can  
 And being just to your fellow man  
 It's making money—but holding friends  
 And staying true to your aims and ends  
 It's figuring how and learning why  
 And looking forward and thinking high  
 And dreaming a little and doing much  
 It's keeping always in closest touch  
 With what is finest in word and deed  
 It's being thorough, yet making speed  
 It's daring blithely the field of chance  
 While making labor a brave romance  
 It's going onward despite defeat  
 And fighting staunchly, but keeping sweet  
 It's being clean and it's playing fair  
 It's laughing lightly at Dame Despair  
 It's looking up at the stars above  
 And drinking deeply of life and love  
 It's struggling on with the will to win  
 But taking loss with a cheerful grin  
 It's sharing sorrow and work and mirth  
 And making better than good old earth  
 It's serving, striving through strain and stress  
 It's doing your Noblest—that's Success!

## Bilious Spells Sick Headache

How these common ailments may completely overcome

MR. D. C. MAYNARD, Retired Farmer, Dr. bo, Ont., writes: "I was subject to sick heads and poor appetite. These bilious spells would come on me every two weeks and often I would have to go to bed and could not eat. My trouble was overcome by using Dr. Chase's Kidney-Liver Pills which cleansed the action of the liver, kidneys and bowels and made me feel like a new man."

## Troubled with Heart

Mrs. R. WALSHLEY, 403 Main St., Woodstock, Ont., writes: "My husband was troubled with gas around the heart, and suffered in this way for some little time. A friend advised me to have him try Dr. Chase's Kidney-Liver Pills and acting upon her advice we got a box, gave them a trial. My husband found it helped him splendidly, completely relieving old trouble. Since then he keeps them in his house, and if he feels any of his former symptoms returning, he always finds immediate relief in Dr. Chase's Kidney-Liver Pills."

## Heart Disease

Any condition that produces poisons in the system is conducive to heart disease. This is why kidney trouble, derangements of the heart are so frequently linked together.

In the great majority of cases there is no need for great alarm or anxiety, the trouble is in reality a symptom of indigestion, and disappears when action of the liver, kidneys and bowels is regulated by the use of Dr. Chase's Kidney-Liver Pills. By using treatment the poisons are swept from the system, digestion improved, the press of gas about the heart is relieved and heart resumes its normal condition.

## Long a Sufferer from Constipation

Was in a terrible condition for woman  
of twenty. Tells of her case

Mrs. Ed. MITCHELL, West Plamboro, Ont., writes: "I suffered with constipation almost ever since I can remember, and for four years had pains at the left side of the back. If I walked across the kitchen floor I would have to sit and rest. That I think was terrible for a woman of twenty years. The condition of my blood was shown by pimples breaking out on my face. I suffered so much from pains and stiffness in the back, I am sure my system was full of poison. DR. CHASE'S KIDNEY-LIVER PILLS have entirely cured me, and I feel better than I have felt for many years."

A short life and a sad one, or a long life and a merry one depends largely on whether you study what agrees with you and thereby preserve health and strength.

## Making All Men As Fit as Soldiers

What a revelation we have had of the physical condition of our manhood! What a comparatively small number have been found fit for the army. Surely it is a time to stop and to think, a time to consider our habits of living, eating and taking exercise, a time for each individual to examine the conditions of his health and to take steps to correct them.

On the examination of a large number of men it has been found that the great majority of troubles arise from habits of overeating and neglect to keep the liver, kidneys and bowels regular. As a result, the system becomes filled with poisons, the kidneys become diseased, the heart's action is impaired, digestion fails and energy and vitality disappear. By the use of DR. CHASE'S KIDNEY-LIVER PILLS these conditions are corrected and by revising habits of eating and taking more outdoor exercise, you are enabled to maintain a high standard of health.

## Parish Priest Endorses This Strong Statement

From a Man Who Has Been His  
Parishioner for Twenty Years  
Complete Cure of Chronic  
Indigestion

In complicated cases DR. CHASE'S NERVE FOOD and KIDNEY-LIVER PILLS are used at the same time with excellent results.

The writer of this letter had suffered so severely and so long that his cure by the use of these medicines has made a great impression on his wide circle of friends and acquaintances.

In order that people at a distance who do not know him personally may appreciate the sincerity and truthfulness of his letter he has had it endorsed by his parish priest.

MR. W. J. SULLIVAN, V.S., Solomon, Magdalen Islands, Que., writes: "About ten years ago I had been attacked with indigestion and constipation, and tried many so-called remedies and had doctors prescribe for my case, which resulted in temporary relief only. Sometimes I have suffered more than I can explain. Finally I decided to give Dr. Chase's medicines a trial and procured a half dozen DR. CHASE'S NERVE FOOD and some of DR. CHASE'S KIDNEY-LIVER PILLS, and began taking them according to directions, until I had taken all, and by that time I felt completely cured. About a year after I felt slight attacks, so I took some more of the above-mentioned remedies, and the result was entirely satisfactory, and I have been in very good health ever since, thanks to DR. CHASE'S NERVE FOOD and KIDNEY-LIVER PILLS. I am over 60 years of age, and always keep some of these medicines on hand."

FATHER THERIAULT, Bassin, Magdalen Islands, writes: "I, the undersigned, know Mr. William Sullivan well. He has been my parishioner for twenty years, and I do believe in what he says in his letter."

(Signed) S. ISAAC THERIAULT, P.P.  
DR. CHASE'S KIDNEY-LIVER PILLS, one pill a dose, 25 cents a box, at all dealers.



## Sedentary Habits Brings Indigestion

Our fathers lived a life of activity in the open air. If they ate heartily, they had sufficient exercise to keep the liver and bowels active and to thereby remove the poisonous waste from the body.

They scarcely knew what indigestion meant.

To-day we get too little exercise and too little fresh air. The food we eat is concentrated and artificial. The result is much discomfort and the development of serious disease.

The necessity of using medicine to regulate and invigorate the action of the liver, kidneys and bowels is largely due to this changed condition of life.

Neglect to correct the action of all these organs, which are associated in the process of digestion means the inviting of trouble from such ailments as liver complaint, constipation, kidney disease, rheumatism, backache, Bright's disease and hardening of the arteries.

Most people know about DR. CHASE'S KIDNEY-LIVER PILLS, but all do not realize that their great success is largely due to their unique combined action on the liver, kidneys and bowels. You can prevent serious and painful diseases by their timely use. A study of the cures reported in this book will give you some idea of their effectiveness in the most complicated cases.

## Escaped Operation

Mrs. ANNE WATKINS, New Aberdeen, N. writes: "I think it is time for me to give experience with your wonderful Kidney-Liver Pills. For seven months I suffered with what the doctor called indigestion; but, whatever was, I suffered terribly. The pain would start under my left shoulder and pass down my side until it reached the pit of my stomach. It seemed as if the flesh were being torn from the bone. At times I used to go without food for one morning until the next. I had no energy left for work at all. At last our doctor sent me to the hospital for a month. For four days and nights I never broke my fast except for a drink of water. After four weeks of treatment there, I returned home, and was back only a few days when the pain came back worse than ever. Then I was told I would have to undergo an operation, but I would not consent to that. Last I read about DR. CHASE'S KIDNEY-LIVER PILLS and started to take them. At first I did not notice much difference, but still I kept on using them and by the time four boxes were used I was perfectly well again. That was in 1914, so you see I can safely say that I was cured. I shall always be grateful to DR. CHASE'S KIDNEY-LIVER PILLS, as they did more for me than four doctors."

## Certain Occupations Cause Serious Diseases

Health records show that a person's occupation has much to do with the nature of his ailments. Kidney disease, for example, is most prevalent among people whose occupation subjects them to sudden changes of temperature—as foundry work; exposure to cold and dampness—as teamsters and miners; jarring and jolting—as in railroad and street car work; inhaling poisons—as in painting and working in chemicals.

The DR. CHASE'S Plan of Health calls for prevention of trouble wherever possible and offers DR. CHASE'S KIDNEY-LIVER PILLS as the most effective means of keeping the kidneys in condition.

DAY OF MONTH	DAY OF WEEK	ZONICAL STATE	WEATHER FORECAST	Moon's Phases		Mer. Prov.		Local Mean Time		
				Aug. 1919	Ont. and Que.	Mar. Prov.	Ontario, Quebec and Maritime Provinces	Sub. Rises	Sun Sets	Moon Sets
				d. h. m.	d. h. m.	d. h. m.	d. h. m.	h. m.	h. m.	h. m.
1	T	ON	Chilly	3 34 P.	3 41 P.	11 0 40 P.	11 1 40 P.	6.44	7.34	8.46
2	S	ON	able	11 0 40 P.	11 1 40 P.	18 10 56 A.	18 11 56 A.	6.43	7.27	10.18
3	M	ON		25 10 37 A.	25 11 37 A.					
4	T	ON								
5	W	ON								
6	T	ON								
7	F	ON								
8	S	ON								
9	M	ON								
10	T	ON								
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27	W	ON								
28	T	ON								
29	F	ON								
30	S	ON								
31	S	ON								

# The Interesting Life Story of Dr. A. W. Chase

Practising Physician of Remarkable Skill Whose Well-known Medicines Have Made Him Famous Throughout the Civilized World

Nature undoubtedly intended Dr. A. W. Chase to be a healer of the sick, and from childhood his efforts were ever bent in this direction. Any crumb of knowledge regarding the human body and its diseases was eagerly grasped and carefully preserved for future use so that by the time he graduated from the Eclectic College of Medicine, Cincinnati, Ohio, and from the State University at Ann Arbor, Mich., he was qualified as few physicians are when beginning the practice of medicine.

Dr. A. W. Chase was born in the County of Cayuga, N.Y., and spent his boyhood in the vicinity of Buffalo, where he received his early education in a log school house. Even then, it is said, he outstripped his fellow students and entertained the wish to study medicine.

After completing his medical education, Dr. Chase travelled throughout the greater part of Canada and the United States, gaining wonderful experience and invaluable information before he settled down to make his home at Ann Arbor, Mich. His success in private practice, his scientific investigations in search of better treatments, his work of collecting all the most successful prescriptions known to the profession, the publication of his now world famous Receipt Book, the discovery of the great family medicines and the perfecting of them by tests made in his own practice, all these are incidents in a busy life of work for the benefit of humanity.

Dr. Chase became one of the most prosperous and well-to-do citizens of Ann Arbor, and was noted for his large gifts to educational and benevolent enterprises. News of his remarkable success in treating kidney

and liver disorders, nervous troubles and other forms of serious diseases soon spread abroad and brought appeals for help from all over Canada and the United States. He began sending medicine to persons at a distance, but soon found it impossible to keep up with the demand on his time, and so resolved to put up his greatest prescriptions in convenient form for home treatment and to place these in the hands of local dealers.

This effort to simplify medical treatment and save the too often unreasonable doctor's bills met with a storm of opposition from members of the medical profession, who feared the effect on their practice and looked with envy on the wonderful success of Dr. Chase. The many large gifts of Dr. Chase to all worthy objects prove that it was no mere desire for money-making that led him to so place on the market his great discoveries. Like a true physician, as he was, he thought most of relieving the suffering of his fellow men.

As the details of manufacturing and distributing the remedies increased, it was found advisable to form the Dr. A. W. Chase Medicine Co., with offices and laboratories in Toronto, Can., and Buffalo, N.Y. More recently the demand for these medicines in Europe has grown to such an extent that offices have been opened at 64 Haymarket, London, S.W., Eng., and today Dr. A. W. Chase's Medicines, as well as his famous Receipt Book, are known wherever the English language is spoken, and orders are received from such far away points as Tasmania, New Zealand, British Guiana, Arabia, Nyassaland, Central Africa and Assiut, Egypt.

The portrait and signature of A. W. Chase, M.D., the famous Receipt Book Author, are on every box of his medicines. Look out for imitations.

## Eczema Not a Blood Disease

This Idea Exploded by the Record of  
Cures Made by Dr. Chase's  
Ointment.

Some doctors still advise internal treatment, but the results are slow and uncertain and too often a lamentable failure. With Dr. CHASE'S OINTMENT it is different. You apply the ointment to the sore parts. It cleanses the sores and soon sets up the healing process. In a few days you can see with your own eyes the wonderful change that is taking place and are encouraged to keep up the treatment until the cure is complete and the sores replaced by smooth, natural skin.

It is wise to look after your general health, keep the bowels regular and the blood rich, but you can depend on DR. CHASE'S OINTMENT to cure the eczema if you will do your part and apply it regularly.

### Cured in a Month

Mr. W. H. ROBERTS, Charlottetown, P. E. I., writes: "I can recommend Dr. CHASE'S OINTMENT to anyone suffering from itching skin disease. I had eczema on my leg and suffered terribly from the itching. I had a doctor treat me for four months without relief and I was getting worse all the time. A second doctor gave me some relief for a time, but made no cure. I tried several advertised treatments, but without relief until I used Dr. CHASE'S OINTMENT. This ointment cured me in a month. That was twelve years ago, and I have never had a sign of the old trouble since."

"Since then we have always kept Dr. CHASE'S OINTMENT in the house, and find it invaluable for chafing, chilblains, insect stings and burns. I would not be without it if it cost \$5 a box."

"This is to certify that I am personally acquainted with Mr. W. H. ROBERTS and believe his statement regarding the use of Dr. CHASE'S OINTMENT to be true and correct." (Signed) ALEX. HONNE, Justice of the Peace.

## Granulated Eyelids.

Mrs. C. P. WATSON, R. R. No. 9, Vintland, Ont., writes: "We have used Dr. CHASE'S OINTMENT and nothing can equal it for its mild soothing and healing effects. My boy had granulated eyelids and we took him to two different doctors and a specialist. One doctor burned the lids with blue stone, which I think was cruel treatment, and made his lids that much worse. The more we doctored for him the worse he got. His eyelids were just awful. The specialist helped him somewhat, but it came back again. Then we tried Dr. CHASE'S OINTMENT and after the second application it was so soothing and healing that we kept on using it until he was cured."

## Eczema on the Head

Mr. ROY PAISLEY, Forest, Ont., writes: "For years I had been suffering from eczema, which broke out principally on my head. I tried a great many remedies, and spent considerable money in trying to obtain a cure, but it seemed of no use. Finally I tried Dr. CHASE'S OINTMENT and after using three boxes, it was delighted to find that it was completely cured. I cannot speak too highly of this splendid ointment, and recommend it heartily to all suffering from eczema."

"I am acquainted with Mr. Paisley and believe his statement to be correct." (Signed) H. PATTERSON, J.P.

## Child Had Eczema

Mrs. JOSEPH W. LEWIS, Balls Creek, N. S., writes: "My little girl four years old broke out in watery pimples which used to break and form into large scabs all over her body. She suffered severely and nothing we tried helped her until we used Dr. CHASE'S OINTMENT. After applying this a few times, the sores began to heal and in a surprisingly short time she was entirely cured. We cannot praise Dr. CHASE'S OINTMENT too highly for what it has done for us, and hope this may be the means of helping others who may be suffering as my little girl did."

"To regular users of DR. CHASE'S OINTMENT we would advise the purchase of the \$1.00 size, as being convenient and economical."



## Barber's Itch

Many men suffer from skin irritations of an eczematous nature as a result of shaving. In its more aggravated form this is known as Barber's Itch. If your skin is tender you will find it is good to apply Dr. CHASE'S OINTMENT after shaving. Wash thoroughly with hot water, dry the skin carefully without rubbing, and apply the ointment. This heals the irritated skin, keeps it soft and pliable and by its antiseptic influence prevents the spread of skin trouble.

After Shaving Apply  
DR. CHASE'S OINTMENT

## Dr. Chase's Ointment

Is Invaluable Wherever There is Itching Skin or a Sore That Will Not Heal.

Among the troubles for which Dr. A. W. CHASE'S OINTMENT is used with splendid results are:

- Eczema and Salt Rheum.
- Shingles, Tetter and Ringworm.
- Scald Head and Baby Eczema.
- Pimples and Blackheads.
- Chafing and Skin Irritation.
- Sore Feet and Toes.
- Ingrowing Toe Nails.
- Rough, Red Skin, Erysipelas.
- Chilblains and Frost Bites.
- Poisoned Skin, Poison Ivy.
- Itch, Barber's Itch, Prairie Itch.
- Hives and Insect Bites.
- Scalds and Burns.
- Sore and Cracked Nipples.
- Chapped Hands and Face.
- Sore and Inflamed Eyelids.
- Old Sores and Bed Sores.
- Itching peculiar to Women.

Dr. A. W. CHASE'S OINTMENT is a positive relief for every form of itching, bleeding and protruding piles, pin worms and scabies.

## Irritated Skin

Mrs. J. CHAPMAN, 1403 Dundas St., West, Ont., writes: "About three years ago I suffered greatly from an awful rash and irritation of the skin on my chest and back. I could not bear to touch it, and had to wear very loose clothing so nothing would rub against it, night when I would lie down, I could get neither sleep nor ease. I tried different remedies and doctors' treatments, but never got any relief. At last my daughter advised me to try Dr. CHASE'S OINTMENT. I did so, and after first application, I was able to get the night's good rest that I had for a long time, continued using the Ointment until I was completely cured."

## Red Pimples

Mrs. S. J. TAYLOR, Wellington, Ont., writes: "I had a very bad blotch on my skin which could not get rid of. It started with a pimple which itched terribly, and it kept spreading, more kept coming until it formed a large, mass-like little red pimples. It was greasy, inflamed and irritated. I had been reading a great deal about Dr. CHASE'S OINTMENT. I wrote for a box, followed the directions closely, and when the Ointment was gone there was not a sign of the blotch left."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER (if observed)	Moon's Phases Ont. and Que. Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				d. h. m.	d. h. m.	d. h. m.	Sun. Rise h. m.	Sun. Sets h. m.	Moon Sets h. m.
1	M	♈	Rain	Sept. 1919	First Quarter 2 9 22 a.	2 10 22 a.	6.20	6.29	9.57
2	T	♈	at	Robt. sold old reaper for \$ 6.00 bill.	Full Moon 9 10 54 p.	9 11 54 p.	6.22	6.37	10.42
3	W	♈	first	Wherry boy in north ditch this morn.	Last Quarter 10 4 39 p.	10 5 32 p.	6.23	6.38	11.21
4	T	♈	and	Mary married today. Great rain.	New Moon 23 11 34 p.	24 0 34 p.	6.24	6.34	12.01
5	F	♈	then	Got Ladies N. Journal again.			6.25	6.32	12.27
6	S	♈	fair	Customers coming each day for plums.			6.26	6.35	1.00
7	S	♈	and	They all expect it to rain when the time comes.			6.28	6.28	1.34
8	M	♈	warm	Neighbor Johnston buried today.			6.29	6.26	2.43
9	T	♈		Thunder lightning its storming away.			6.30	6.24	rises
10	W	♈	Clear	Vannie came to Nap. Haran in car.			6.31	6.22	6.19
11	F	♈	fine	We got little pig from Henry Best.			6.32	6.21	6.48
12	F	♈	weath.	We reaped our wheat its all in stock.			6.34	6.19	7.23
13	S	♈	ery	Rather birthday, as says the good book.			6.35	6.17	8.00
14	S	♈	Severe	Reaped our wheat 19 in all.			6.36	6.15	8.45
15	M	♈	thund.	A house burned. Robt. Rosses funeral.			6.37	6.13	9.38
16	T	♈		Mrs. Campbells funeral at 2 P.M.			6.38	6.11	10.35
17	W	♈	storms	Reception for Mary at his own old home.			6.40	6.09	11.40
18	T	♈	then	In Mr. Swains house the reaper has condition.			6.41	6.07	12.21
19	F	♈	fine	Houred our wheat in dandy condition.			6.42	6.05	1.08
20	S	♈	and	Robt. working with Vannie today.			6.43	6.04	1.55
21	S	♈	warm	Harbored a third of our oats and put it away.			6.44	6.02	2.04
22	M	♈		Preparing to send our exhibits down.			6.46	6.00	2.10
23	T	♈	cool	Took them in to the building in town.			6.47	5.58	sets
24	W	♈	at	Chopping down the rain sagging to fall.			6.48	5.56	5.48
25	T	♈	some	Abraham we got 1.6 prize in all.			6.49	5.54	6.16
26	F	♈	with	Robt. with Vannie reaping this barley.			6.50	5.52	6.45
27	S	♈	wind	Par. Mrs. H. Semsters funeral not early.			6.51	5.50	7.18
28	S	♈	Clear	Recd. elegiac of \$ 14.00 prize money.			6.53	5.48	7.54
29	M	♈	and	Yopray arrived in an Auto. its flying.			6.54	5.46	8.37
30	T	♈	cool	Recd. \$ 5.00 ever earning. Abraham's place.			6.55	5.44	9.24
				7.000. Schullars, elapsed as in auto.					

## The Harvest

With the grain harvest safely in the barns, September brings a feeling of relief and satisfaction to the farmer. He begins to see the results of his season's labor even though it may not for a time be turned into hard cash.

The summer's heat is over, the children are back at school, the fruit is ripening on the trees, and life in the country is not so strenuous as during the grain harvest.

Many irritating skin eruptions show themselves at this season, some arising from contact with ivy or poison oak and others from the condition of the system. In any case relief is soon obtained by the application of DR. CHASE'S OINTMENT, with its delightfully soothing, healing influence.

### Still in Bondage

A lawyer travelling through Alabama was much interested in Uncle Ned. "So you were once a slave, eh?" said he.

"Yes, sah," said Uncle Ned.  
 "How thrilling!" said the lawyer. "And after the war you got your freedom, eh?"  
 "No, sah," said Ned, gloomily. "I didn't get mah freedom, sah. After the war I done get married."

## Buy the Large Box and Save Money

We have had so many requests for DR. CHASE'S OINTMENT in larger packages (or Family Size), for use after shaving, and for persistent cases of Eczema, Piles, etc., that we have gotten out a large box, containing about 5 times as much ointment as the regular 60c. box and which sells for \$2.00. In addition to the convenience of using the large box there is considerable saved by buying in this way.

## Ringworm on Child's Head

Spread and Caused Greatest Suffering—Cure Endorsed by Local Justice of the Peace.

There is no disease of the skin more obstinate than ringworm, and the mother who writes this letter does so fully realizing what it will mean to other anxious mothers to know about DR. CHASE'S OINTMENT.

This remarkable cure was brought about two years ago, and as there has been no return of the distressing disease, there can be no doubt that the cure is permanent.

Mrs. D. STEBBINS, Grand Bend, Ont., writes: "I am going to tell you of my experience with DR. CHASE'S OINTMENT. My little girl had sores come out on her head which looked like ringworms. They were spreading fast, and I tried home treatment, but nothing helped her. I took her to the doctor, and he opened some of the pores, which were as big as the yoke of an egg. The salve he gave me to put on was very severe, and the poor child would cry for an hour, or more after an application. For six weeks it continued to spread all over her head, and came down to her neck and ears. She suffered terribly. At last some kind ladies told me about DR. CHASE'S OINTMENT, so I got a box and the first time I put it on she was relieved of pain, and the second time the swelling was all gone. Before we had finished the first box the sores were nearly all gone. I have told all the people around here about your Ointment, and I cannot praise it too much. It is now two years since my little girl was troubled in this way, and if never came back, so you can see she is completely cured. You are at liberty to use this statement for the benefit of others who may be suffering in a similar manner."

Joseph Brannen, J.P., endorses this statement as follows: "This is to certify that I am personally acquainted with Mrs. D. Stebbins, of Grand Bend, Ont., and believe her statement with reference to DR. CHASE'S OINTMENT to be true and correct."

## Piles or Hemorrhoids

### Dr. Chase's Ointment Recognized as the Standard Treatment

The reputation of Dr. CHASE'S OINTMENT as a cure for itching, bleeding and protruding piles has become world-wide. When all other treatments fail, and the doctor says nothing but a surgical operation will avail, you can turn to Dr. CHASE'S OINTMENT, knowing that you still have a good chance of avoiding the knife.

This may seem to you like a strong statement, but it is positively true as is proven by the evidence of many thousands who have been cured.

The suffering resulting from the itching, stinging sensations, produced by piles, is often well-nigh unbearable. By the use of Dr. CHASE'S OINTMENT relief is obtained almost immediately. By persisting in the use of this treatment, you can produce complete cure in almost every case of the piles, no matter how severe or of how long standing. Just read what people say about Dr. CHASE'S OINTMENT as a treatment for piles.

## Bleeding Piles

MR. JAMES W. SULLIVAN, West Bromé, Que., writes: "I was troubled and suffered a great deal with bleeding piles for more than two years. After trying different treatments with no benefit, I was told to try Dr. CHASE'S OINTMENT. After using it carefully according to directions, I am cured and I would advise all who suffer from Piles and hemorrhoids to use Dr. CHASE'S OINTMENT."

## Piles After Childbirth

Mrs. LE ROY E. FANCY, Church Lake, N.S., writes: "We have used several of Dr. CHASE'S medicines in our household, and find them splendid. After my first child was born, I suffered severely with bleeding piles, and had such pain I was forced to go to bed. Some one recommended Dr. CHASE'S OINTMENT, and the very first application relieved the sharp pain.

I used nearly a box of the Ointment and have not been troubled in this way since.

My husband, who is a teamster in the woods in winter, and exposed to much cold and dampness, contracted piles from sitting on damp logs. He suffered severely until he used Dr. CHASE'S OINTMENT, which speedily relieved him. That is over a year ago, and he has never had a return of piles since."

## Ten Years Suffering with Itching Piles

Mrs. ROBERT WILKS, 8374-103rd Ave., Edmonton, Alta., writes: "For ten years I had piles, and cannot explain how dreadfully I suffered during that time. Some one finally advised me to try Dr. CHASE'S OINTMENT, and the first box gave me great relief. Two more boxes completely cured me. It is now three years since I used the last box and I have never had a return of the trouble. I have told several people of this wonderful Ointment, as I feel I can never praise it enough."

"We have also used Dr. CHASE'S LUNGED & TURPENTINE with splendid results. Besides using it for coughs, colds, sore throat, etc., we used it when the children had whooping cough, and I really believe it saved the life of our baby."

## Had Piles 35 Years

This remarkable cure is certified to by a well-known Methodist Minister

MR. B. F. TRACY, Minesing, Ont., writes: "For about 35 years I was troubled with itching piles, which kept me from sleep until I was completely worn out. Then at length I would drop off to sleep and rub myself raw. I tried every kind of ointment made without any permanent good. I also tried a homeopathic doctor, but only had momentary relief from his treatments. Three years ago, I tried Dr. CHASE'S OINTMENT, and it completely cured me. I have never been troubled with piles since, and can heartily recommend Dr. CHASE'S OINTMENT to anyone suffering from this terrible agony, or from any other skin disease."

"This is to certify that the above statement is correct in every particular."—Rev. H. BERT, Pastor Methodist Church.

## This Case Defied all Treatments, Combination of Itching, Bleeding and Protruding Piles

MR. F. M. CRAIG, 29 Shannon St., Toronto, Ont., writes: "A few lines in regard to the merits of Dr. CHASE'S OINTMENT may be beneficial to many people who are suffering like my wife did with itching and protruding piles. For seven months she suffered untold agony with itching and protruding piles, bleeding, at the least movement she would make. I spent dollars and dollars on different remedies, but to no purpose, having sent to Chicago, Cincinnati, New York, Cleveland, Detroit and many other cities, but met with no success."

"While talking to a friend one day, he told me that he had tried everything for the same trouble, and the only thing that cured him was Dr. CHASE'S OINTMENT. So I secured some of this for my wife, and can safely and truly say that within two months not a sign of any could be seen. She used four boxes altogether and we cannot speak too highly of its merits. I would not be without it in my home, as I also find it valuable for lots of minor complaints, which no other Ointments will touch."

To regular users of Dr. CHASE'S OINTMENT we would advise the purchase of the \$3.00 size as being convenient and economical.

## To Me It is Worth Its Weight in Gold

MR. MARK H. OTTREY, P. R. No. 3, Belleville, Ont., writes: "I suffered terribly from itching piles, and there have been days and nights when the itching almost set me crazy. But thanks to Dr. CHASE'S OINTMENT, I am now free from this annoying trouble. I feel like a new man, and consider Dr. CHASE'S OINTMENT is worth its weight in gold."

## Completely Cured

Mrs. JAS. FISHER, 56 George St., Galt, Ont., writes: "I had itching piles, and as I had used Dr. CHASE'S OINTMENT in the home for several other things, I tried it for this trouble, and was completely cured. This was several years ago, and I have not been bothered in this way since."

## Bleeding Piles

Mrs. P. H. SCOTT, Sutton Jct., Que., writes: "I am indebted to Dr. CHASE'S OINTMENT for a complete cure from a case of bleeding piles from which I suffered for three years. I tried other remedies and doctors' medicines, but they all failed. Three boxes of Dr. CHASE'S OINTMENT completely cured this distressing trouble."

## Mail this Coupon for Free Sample of Dr. Chase's Ointment

DR. CHASE'S OINTMENT tells its own story much more forcibly than mere words possibly can. Its message is one of soothing and healing. You will be surprised and pleased with this Ointment and glad you ever made its acquaintance. It will not cost you anything for the sample box, except a stamp to pay postage. Will you send to-day, while the matter is fresh in your mind? You don't need to bother writing a letter. Just fill in your name and address, and enclose a two-cent stamp to pay postage. Address: EDMANSON, BATES & CO., LIMITED, Toronto, Ont.

NAME.....

Post Office.....

Province.....

A 1910

DAY OF MONTH	WEEK	MOON'S PHASES	ONT. AND QUE. d. h. m.	MAR. PROV. d. h. m.	LOCAL MEAN TIME		
					SUN. RISES h. m.	SUN. SETS h. m.	MOON SETS h. m.
<p>Oct. 1919</p> <p>Moon's Phases: 1st Quarter 2 8:37 a. 2 4:37 a. Full Moon 9 3:39 a. 9 9:39 a. Last Quarter 16 0:45 p. 16 4:50 p. New Moon 23 3:40 p. 23 9:40 p. 1st Quarter 31 8:43 p. 31 9:43 p.</p>							
1	W	☾	Mottik	Ch. Le-pard Robt B. 2.00 or be moved.	5.59	5.42	10.12
2	F	☾	begins	Sold wood for \$5.00, a bulky load.	7.58	5.41	11.15
3	F	☾	show	Setting out everbearing strawberry sets.	7.59	5.39	11.15
4	S	☾	err	Handling sand, good kind, be geta.	6.00	5.37	0.17
5	S	☾	Then	Robt. planting cranberry seeds today.	6.01	5.35	1.23
6	M	☾	clear	Rain. Potatoes very rotten, they say.	6.03	5.33	2.31
7	T	☾	and	Commenced pulling in grass stems.	6.04	5.32	3.33
8	W	☾	cool	Heard of the death of Mrs. J. A. McKeen.	6.05	5.30	4.35
9	T	☾	for	Pilled in mangolds and let them lay.	6.06	5.28	5.38
10	F	☾	heaver	J. A.'s funeral, John and Joe on the way.	6.08	5.26	6.50
11	S	☾	al	J. was in town and met many friends.	6.09	5.24	8.00
12	S	☾	days	Quiet, folks are returning from sick errand.	6.10	5.22	9.07
13	M	☾	at	Robt brought ham track from Beattie & Co.	6.12	5.21	10.15
14	T	☾	at	Washed our grass stems in 20 barrels.	6.13	5.19	11.23
15	W	☾	spell	A. B. suggests we sell colts at auction.	6.14	5.17	12.31
16	T	☾	is	Sold him for \$1.00, to Happy Angus.	6.16	5.15	1.49
17	F	☾	follow	Robt in town, sending colt to new home.	6.17	5.14	3.02
18	S	☾	ed.	Begin digging potatoes & a return.	6.18	5.12	4.10
19	S	☾	by	Drizzly with rain and fog cloud.	6.19	5.10	5.22
20	M	☾	much	Reception for Capt James McGevel.	6.21	5.08	6.37
21	T	☾	rain.	Major The Durand's funeral at 3 P.M.	6.23	5.07	7.52
22	W	☾	Fair	Heavy rain, we visited Dr. Mitchell and	6.23	5.05	9.13
23	T	☾	Fair	Quit grass work, worked in orchard.	6.25	5.04	10.30
24	F	☾	weath	Just finished the grass, worked up barn.	6.26	5.02	11.48
25	S	☾	er.	Mrs. Adams poisoned her feet with nail.	6.28	5.00	1.00
26	S	☾	Then	We were down seeing Auntie, she is frail.	6.29	4.58	2.15
27	M	☾	change	Auntie taken to Cottage Hospital this P.M.	6.30	4.57	3.30
28	T	☾	able	Got \$2.50.00 Victory Bonds from Mrs. Thelma.	6.32	4.56	4.45
29	W	☾	too	Very cold with frost, Auntie some better.	6.33	4.54	6.00
30	T	☾	end	In P.M. the cow has calfs, a heifer.	6.34	4.53	7.15
31	F	☾		Robt and I with Hospital today.	6.36	4.51	8.30

# DR. CHASE'S LIVER CURE

Is the nearest approach to a specific for derangement of the liver that medical science has obtained

Old Ben Jonson said, "The pleasure of living depends upon the liver," and anyone who has experienced the irritability of temper, the depressed feelings and the upset condition of the digestive system resulting from torpid, sluggish liver, will heartily agree with this statement. The more fully you realize the importance of the liver the more you will appreciate the far-reaching effect of DR. CHASE'S LIVER CURE.

DR. CHASE'S LIVER CURE is not recommended as a cure for any disease that is not the direct result of disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain under the shoulder, oppression about the stomach, bitter taste in the mouth, sick headache, liver spots, cold hands or feet, irregular bowels, or depressed spirits, DR. CHASE'S LIVER CURE will perfectly regulate the liver and thoroughly cure you.

The bile which the healthy liver filters from the blood is Nature's cathartic and ensures regular and natural action of the bowels. By setting the liver right DR. CHASE'S LIVER CURE affords a lasting cure for constipation, which is the cause of probably nine-tenths of the disorders of the digestive system. You can, therefore, readily understand that while this treatment is recommended particularly for liver derangements it is far-reaching in its effects and by setting the liver right removes the cause of many symptoms.

DR. CHASE'S LIVER CURE may be considered old-fashioned by some because it is in liquid form, put up in large bottles and is a little bitter to the taste, but it has worked its way into public favor

solely on its merits and has been instrumental in bringing about many extraordinary cures.

DR. CHASE'S LIVER CURE is sold in a large bottle containing 100 doses for \$1.00. As an invigorating and regulating medicine for the liver it is unapproached. Your dealer will get it for you if he does not have it in stock. It can only be sent by mail at buyer's cost for postage and weighs under two pounds when packed.

## Jaundice

Jaundice is known by the yellow tinge which it gives to the complexion. It is first seen in the white of the eye, but later the face, neck and chest show the effect of the bile in the blood.

There is usually bitter taste in the mouth, the tongue is coated and the urine is dark colored. The spirits are much depressed and there are feelings of nausea and fatigue.

Jaundice results from inactivity of the liver. The bile remains in the blood and poisons and discolors the tissues of the body. The nutrition of the body is impaired, the general health fails and the patient becomes greatly emaciated.

The cure is found in the use of DR. CHASE'S LIVER CURE, which by its specific action on the liver immediately arouse this important filtering organ to the performance of its functions. By using this treatment the bile is filtered from the blood and passed into the intestines, where it aids digestion and ensures the healthful action of the bowels.

# Dr. Chase's Syrup of Linseed and Turpentine

Being composed of simple and yet potent ingredients of proven value, DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is admirably suited to the needs of children. It is sweet and pleasant to the taste and children delight to take it. By its soothing, healing influences it allays the inflammation, loosens up the cough and affords relief from croup, whooping cough, bronchitis and chest colds. Frequent small doses is the best rule to follow when using it. It should be at hand in every home for use in cases of emergency. For this purpose it is most economical to buy the large family size bottles which sell at 60 cents.

## Lasting Cure of Bronchitis

Mrs. BARLOW, Crystal Hill, Sask., writes: "I can certainly give great praise to DR. CHASE'S LINSEED AND TURPENTINE. We are homesteaders away out on the Prairie, seventeen miles from a town and nine miles from a post office, and have only oxen by which to travel.

My little granddaughter always had bronchitis every two or three months ever since she was a baby, and as the nearest doctor or druggist is twenty-seven miles away, it was very difficult for us to get medical aid.

"I decided one day to send for some of DR. CHASE'S LINSEED AND TURPENTINE; and when I received it, began giving it to her. She has not had the least symptoms of bronchitis since taking that one bottle, and she is now five years old. The neighbours all notice what a difference there is in the child. I am very pleased over her cure, and her father is proud of the fact that she is gaining in weight. We shall always be grateful to DR. CHASE'S LINSEED AND TURPENTINE, and shall always keep a bottle in the house ready for use at any time."

## Prevents Pneumonia

Mrs. CAPT. SMITH, 99 South John St., Belleville, writes: "I have used DR. CHASE'S LINSEED AND TURPENTINE for years with my children. If taken when the cold first comes, it takes away the tickling sensation, and prevents pneumonia or other dangerous diseases. I also used it when my children had Whooping Cough and found that a little placed on the tongue of the child would stop the cough."

## Saved Child from Whooping Cough

Mrs. ROBERT WILKS, 9374 103rd Ave., Edmonton, Alta., writes: "I really believe we would have lost our two-year-old baby with whooping cough had it not been for DR. CHASE'S LINSEED AND TURPENTINE. He would cough and cough until he would fall back in my arms white as death. We had a doctor for him, but his medicine did not do him any good. We got a bottle of LINSEED AND TURPENTINE, and to our surprise it did wonders for him. After the second dose there was a difference in his condition, and we kept giving it to him until he was entirely well. I am never without a bottle of this medicine in the house, and we all take it for coughs and colds."

## Almost Strangled

Mrs. E. W. SIMON, South Milford, Annapolis Co., N.S., writes: "I have used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for my little boy with most satisfactory results. His throat would fill up with phlegm so bad that he could scarcely make a sound and I thought he would surely strangle. He grew worse and had frequent bad attacks so I began using DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. Scarcely half a bottle was used when the strangling ceased. This medicine had a wonderful soothing effect and when he had taken two bottles I could not tell that he had had any throat trouble."

## The Chest Pains of Bronchitis

It is the tendency of every cold to develop into bronchitis, consumption or some form of lung trouble. Bronchitis is most dreaded, because it has a tendency to become chronic and return again, and again, until the patient becomes worn out, or falls an easy prey to consumption or pneumonia. Only the most robust constitution can throw off bronchitis. Aged people, children, and all who are in delicate health or have weak lungs have every reason to fear this ailment.

If the cough is dry and hard; if there is pain, soreness or tightness in the chest; if breathing is difficult and causes pain in the chest, you have every reason to suppose that you have bronchitis, and should promptly begin the use of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

Cough mixtures that may help an ordinary cold have no effect on bronchitis and asthma, but DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE has won its

enviable reputation on account of its wonderful success in curing these ailments. It is far more than a mere cough medicine, and acts on the whole system thoroughly eradicating disease.

## How Pneumonia Begins

Catching cold when tired and run down is the usual starting point of pneumonia. You have not the resisting power necessary to throw off these germs and once they get the upper hand the fight for life is a losing one.

With this knowledge in mind it becomes the duty of everybody to try to keep up the vitality of the body by the use, when required, of such a restorative as DR. CHASE'S NERVE FOOD. Rich blood, the most deadly foe of disease germs and this food cure fortifies the system by enriching the blood.

When you are so unfortunate as to catch cold, the use of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is the best means of getting rid of it and preventing pneumonia or consumption.



# WARNING

Like most articles of exceptional merit and popularity, Dr. Chase's Syrup of Linseed and Turpentine is widely imitated. The imitations are like the original in name only, and the imitators do not dare to use the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, which are on every bottle of the genuine.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases Ont. and Que. Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				Nov. 1919	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
1	S	♈		Herbert helping us in orchard today	6.37	4.50	p.m.		
2	S	♈	Clear	Some pulling turnips and cabbage this	6.38	4.48	0.18		
3	M	♈	and	Hard at the apples on Wamunee crop	6.40	4.47	1.19		
4	T	♈	cold	Clear. Auntie died this morning at 8.0 clock	6.41	4.46	2.30		
5	W	♈	Then	Stormy and windy. Funeral at 2 P.M.	6.42	4.44	3.42		
6	T	♈	stormy	Had letter and looks from Nottingham	6.44	4.43	4.58		
7	F	♈	with	Robt sold Maple for \$14.50 hasblatt	6.45	4.42	6.15		
8	S	♈		Robt and J. W. C. settling Auntie estate	6.47	4.40	7.32		
9	S	♈	cold	Heran McLochan of Truro de cage	6.48	4.39	8.48		
10	M	♈	rains	signed paper in presence of Justice of Peace	6.49	4.38	rise		
11	T	♈		Indian Summer, some in vegetable beds	6.51	4.37	8.27		
12	W	♈	Sigungs	Finished turnips in great condition 300 lbs	6.52	4.36	9.32		
13	T	♈	winds	Robt has heavy cold, we have Wuslow	6.53	4.34	10.48		
14	F	♈	and	Wamunee has bull Robt unable to go	6.55	4.33	11.45		
15	S	♈	cloudy	Robt very sick with Grippi we abhor	6.56	4.32	a.m.		
16	S	♈	weath	Mrs Grant very ill boys sent for	6.58	4.31	1.00		
17	M	♈	er.	Grave came to take charge of sick lady	6.59	4.30	2.05		
18	T	♈		Herb has mill and she goes Nat. stand	7.00	4.29	3.08		
19	W	♈	Clear	And today, still Robt cannot go	7.02	4.28	4.07		
20	T	♈	for	Cardinal night very low	7.03	4.28	5.06		
21	F	♈	few	Herb hauled onnell to our barn	7.04	4.27	6.06		
22	S	♈	days	Clear ground is at rest from sowing and harrow	7.06	4.26	sets		
23	S	♈	then	We all have exude. fearful rain	7.07	4.25	5.16		
24	M	♈	cloudy	James. Funeral today at 1 P.M.	7.08	4.24	6.07		
25	T	♈	with	Robt sent apples across the water	7.09	4.24	6.58		
26	W	♈	much	Got receipt from Wm Beck for digging grave	7.11	4.23	7.57		
27	T	♈	wind	Had mill, great crop of oats, hay, wheat	7.12	4.23	8.52		
28	F	♈	and	Great learning the calf from bucket to eat	7.14	4.22	10.00		
29	S	♈	rain	Calvin McLochan on his infant and wife	7.14	4.21	11.04		
30	S	♈		Sowing upon sarnos, but such is life	7.16	4.21	a.m.		

Dr. Chase's Catarrh Powder cures catarrhal deafness

## Autumn

There is an exhilarating effect from the cooling atmosphere of November, which makes this month enjoyable to most people in robust health, in spite of its dark, dull days and high winds.

To persons who catch cold easily and who are subject to catarrh, November weather is not so acceptable. For this reason, DR. CHASE'S CATARRH POWDER is much in demand at this season. By affording relief for "cold in the head" it prevents the development of more serious diseases such as catarrh and consumption.

"You are the first girl I have kissed —" he began, passionately.  
 "Oh, George!" she cried, ecstatically.  
 "— to-day," said George.

## Saved from an Operation

MR. F. M. FREEMAN, Warden St., Mimico, Ont., writes: "I wish to state that I have suffered for years, more or less, with cold in the head and catarrh. I did not attempt to use any remedies because I had no faith in them. But I got so bad that the Doctor advised me to go to the hospital and have an operation on my nose. He wanted to burn the bone, and so give me a clear passage through the nose. I became alarmed, and it was at this time that your Almanac came to my house, and I read of the cure of others by DR. CHASE'S CATARRH POWDER. I therefore tried it, and the first box gave me instant relief. It cleared my head, nose, and relieved me of a dry, hacking cough. While riding home in the cars, I used to have to keep my handkerchief to my nose, it kept running so, and I also had droppings in my throat. At bedtime it was a long time before I could get to sleep, because I could not breathe through the nose, and I do not habit myself to breathe through the mouth. However, all these symptoms are gone now. I am saved from an operation on the nose, and I highly recommend DR. CHASE'S CATARRH POWDER always to be kept on hand in case of cold in the head and throat. I give this to the public for the benefit of others who are in a similar condition to what I was."

## Catarrh Exhausts the Whole System

For this reason constitutional treatment is required in cases of long standing

Catarrh of the head and throat can never be cured by internal treatment and for this reason a local application to the diseased parts to cleanse and heal the catarrhal ulcers is positively necessary. As is explained elsewhere DR. CHASE'S CATARRH POWDER is the most effective remedy obtainable to accomplish this purpose.

Chronic catarrh, however, is a most exhausting disease and gradually saps the vitality from the system. It is on this account that it so often leads to consumption or leaves the constitution so run down that pneumonia or other diseases are readily contracted.

DR. CHASE'S NERVE FOOD can be used to splendid advantage along with the CATARRH POWDER in order to enrich the blood and build up the system. This is an ideal combination for the treatment of catarrh and has proven to be successful in many stubborn cases of long standing.

### The Symptoms

Hawking and spitting in an effort to clear the throat and running at the nose are among the first noticeable indications of catarrh. Frequent sneezing and the formation of little sores inside the nose are other early symptoms.

As the disease develops there is dripping of the discharge into the throat, the eyes become weak and watery, the breath becomes very offensive and deafness results from a clogging up of the air passages leading to the ears.

Headache is a persistent symptom of catarrh, as is also huskiness of the voice and sore throat.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				d. h. m.	d. h. m.	Sun. Rises	Sun. Sets	Moon Sets		
1	M	♈	Fog	Full Moon	7 5 4 a.	7 5 4 a.	7.17	4.20	0.11	
2	T	♈	Fog	1st Quarter	14 1 2 a.	14 2 2 a.	7.18	4.20	1.19	
3	W	♈	Fog	New Moon	22 5 55 a.	22 6 55 a.	7.19	4.20	2.31	
4	T	♈	Fog	1st Quarter	30 0 25 a.	30 1 25 a.	7.20	4.19	3.45	
5	F	♈	Fog				7.21	4.19	5.02	
6	S	♈	Fog				7.22	4.19	6.17	
7	S	♈	Fog							
8	M	♈	Fog				7.24	4.19	rises	
9	T	♈	Fog				7.25	4.18	6.03	
10	W	♈	Fog				7.26	4.18	7.16	
11	T	♈	Fog				7.27	4.18	8.29	
12	F	♈	Fog				7.27	4.18	9.41	
13	S	♈	Fog				7.28	4.18	10.48	
14	S	♈	Fog				7.29	4.18	11.54	
15	M	♈	Fog				7.30	4.18	7.00	
16	T	♈	Fog				7.31	4.18	8.07	
17	W	♈	Fog				7.32	4.18	9.09	
18	T	♈	Fog				7.32	4.18	10.00	
19	F	♈	Fog				7.33	4.20	10.59	
20	S	♈	Fog				7.34	4.20	11.57	
21	S	♈	Fog				7.35	4.21	12.53	
22	M	♈	Fog				7.35	4.21	sets	
23	T	♈	Fog				7.36	4.22	5.51	
24	W	♈	Fog				7.36	4.22	6.50	
25	T	♈	Fog				7.37	4.22	7.53	
26	F	♈	Fog				7.37	4.24	8.56	
27	S	♈	Fog				7.37	4.24	10.02	
28	S	♈	Fog				7.38	4.25	11.08	
29	M	♈	Fog				7.38	4.26	12.00	
30	T	♈	Fog				7.38	4.26	0.15	
31	W	♈	Fog				7.38	4.27	1.26	

# Dr. Chase's Catarrh Powder

Catarrh begins with cold in the head. There is sneezing, pains in the head running at the nose, weak, watery eyes, droppings into the throat which cause hawking and spitting in an effort to clear the throat, and foulness of breath. In time the passages which leads to the ears become choked up and deafness ensues. Catarrh is an annoying and disgusting disease. Bad breath makes one almost ashamed to be in polite society, and the constant fear lest the disease develop into consumption is very depressing.



See, Bessie, you put the glass to your nose, the rubber to your mouth and give one quick blow and away it goes. It will cure your catarrh.

To clear out the air passages of the head and heal up the catarrhal ulcers, there is nothing to be compared to DR. CHASE'S CATARRH POWDER. By its soothing, healing, cleansing influence DR. CHASE'S CATARRH POWDER affords relief at once and as certainly brings cure by continued use.

## What People Say About It

### Catarrh 15 Years

MR. DAVID REID, Haycock, Alta., writes: "I wish to tell you what DR. CHASE'S CATARRH POWDER has done for me. I had Catarrh for fifteen or twenty years, and had tried all sorts of patent medicines and also doctors' medicines, but could get nothing to cure it. A friend of mine read in your Almanac about the number of people being cured by DR. CHASE'S CATARRH POWDER, so I finally consented to try it. To my great pleasure, I was completely cured after using only three boxes."

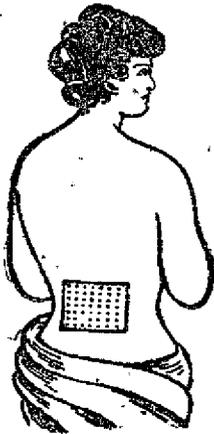
This statement is endorsed by Rev. D. B. SMITH.

### Freed of Catarrh

MISS ALMA ANDER, Compton, Que., writes: "For three years I suffered from Catarrh. I used to sneeze almost constantly, my head ached and my throat bothered me terribly. I went to a doctor about it, but received no benefit from his treatment. I received a copy of DR. CHASE'S ALMANAC and read of the many cured by DR. CHASE'S CATARRH POWDER, so I finally consented to try it. The results were marvellous, I relieved the trouble in my throat and freed myself from the other distressing symptoms. I can heartily recommend DR. CHASE'S CATARRH POWDER to anyone suffering from catarrh."

James

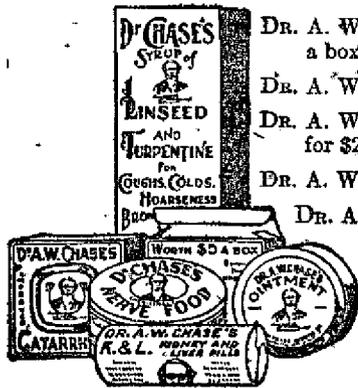
# Dr. Chase's Backache Plaster



In this plaster the most powerful drugs are so combined as to promptly eradicate the worst pains and aches and at the same time not injure the most delicate skin. Because most frequently used for pains in the back and weak or lame back, kidney pains, lumbago, and rheumatism, the fact must not be overlooked that DR. CHASE'S BACKACHE PLASTER is equally effective as a conqueror of pain in every part of the body.

DR. CHASE'S BACKACHE PLASTER relieves and cures--Backache, lumbago, pains over the kidneys, weak, lame back, sciatica, rheumatism, stiffness and soreness of joints and muscles, stomach pains and cramps, pleurisy, sore throat, chest pains and pains and aches wherever located. Full directions for use are found on the wrapper of each plaster, 25 cents each, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.

## PRICES OF DR. CHASE'S MEDICINES



DR. A. W. CHASE'S KIDNEY-LIVER PILLS, one pill a dose, 25 cents a box.

DR. A. W. CHASE'S OINTMENT, 60 cents a box, Family size, \$2.00.

DR. A. W. CHASE'S NERVE FOOD (Pills), 50 cents a box, six boxes for \$2.75.

DR. A. W. CHASE'S CATARRH POWDER, 25 cents a box, blower free.

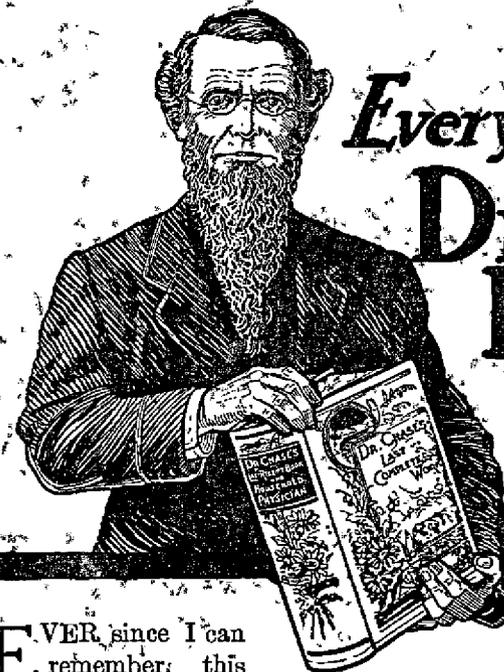
DR. A. W. CHASE'S SYRUP OF LINSEED AND TURPENTINE, 25 cents a bottle. Family size, three times as much, 60 cents. Can only be sent by mail or express at buyer's cost. Weight, 2 lbs.

DR. A. W. CHASE'S LIVER CURE, \$1.00. Can only be sent by mail or express at buyer's cost. 2 lbs.

DR. A. W. CHASE'S BACKACHE PLASTER, 25 cents each

### EDMANSON, BATES & CO., Limited

Dr. Chase Building, Toronto, Ont.



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