

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
304 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

8 Drains	1 Ounce
16 Ounces	1 Pound
14 Pounds	1 Stone
25 Pounds	1 Quarter, C
28 Pounds	1 Quarter, E
4 Quarters	1 Hund'wt
20 Hundredwt	} 1 Ton
2000 lbs., Can.	
2240 lbs., Eng.	

Paper

24 Sheets	1 Quire
20 Quires	1 Ream

Apothecaries' Weight

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

Troy Weight

24 Grains	1 Pennywt
20 Pennywts	1 Ounce
12 Ounces	1 Pound

Cloth Measure

24 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 Barrel
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	1 Year
365½ Days	
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.

HANG ME UP

DR. A. W. CHASE'S CALENDAR ALMANAC

1921



*Respectfully
A. W. Chase*

FOR THE
**HOME, FACTORY
FARM, OFFICE**

PUBLISHED BY
DR. A. W. CHASE MEDICINE CO.
TORONTO & BUFFALO



*Miss Ruth Mc Donald
The Switch, Mill East
Newton Co. Ohio Santa
Cruz*

11023
4
82
6

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 of 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 or 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. When does the Sun rise at Brantford on June 21st? We find the calendar time is 4h. 13m. The correction from Table I. is + 21 min. with letter B for use in Table II. which gives a further correction under sunrise for June of plus 8. These two corrections added to 4h. 13m. gives 4.42 a.m. as time of sunrise at Brantford.

When does the Moon set at Three Rivers on July 16th? The calendar time is 1h. 51m. a.m. and the correction in Table I. is minus 10 mins. which subtracted from 1h. 51m. gives 3h. 41m. a.m. as time of the setting of the Moon at Three Rivers. At what time does the Sun set at Charlottetown on June 21st? The Calendar time is 7h. 50m. p.m. The correction for Charlottetown in Table I. is + 13E. and under E in Table II. for June in column for sunsets is + 4 mins. These two corrections added to 7h. 50m. gives 8h. 7m. as time of sunset at Charlottetown.

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 + 22F, Dalhousie + 9C, Fredericton + 26E, Moncton + 19E, St. John + 24D, St. Stephen + 29D.

Quebec.—All corrections are subtractive. Brome + 10D, Chicomini + 19C, Father Point + 27H, Montreal + 6E, Quebec + 15F, Richmond + 11E, Sherbrooke + 12E, Three Rivers + 10E.

Ontario.—All corrections to be added. Aurora + 18C, Barrie + 19C, Brantford + 21B, Belleville + 9C, Brockville + 3D, Cobourg + 14D, Cobalt + 19F, Caledonia + 20B, Cochrane + 24H, Collingwood + 20D, Chatham + 29A, Clinton + 26C, Cobourg + 13C, Eflora + 22C, Galt + 22B, Gravenhurst + 17D, Guelph + 21C, Goderich + 27C, Georgetown + 20C, Haysbury + 18E, Hamilton + 19B, Haliburton + 17D, Huntsville + 17D, Ingersoll + 23B, Kingston + 5E, Kinmount + 14D, Kitchener + 22B, London + 25B, Lindsay + 15C, Mount Forest + 23C, Midland + 19D, Napanee + 8C, North Bay + 18E, New Liskeard + 19G, Orillia + 18D, Ottawa + 3D, Orangeville + 20C, Port Stanley + 25B, Perth + 3D, Pembroke + 8E, Picton + 9C, Port Hope + 13C, Peterboro + 13C, Paris Sound + 20D, Ridgeway + 28A, Renfrew + 7D, Southampton + 25D, Stratford + 24B, Stratroy + 27B, St. Catharines + 17B, St. Thomas + 25B, Toronto + 18C, Woodstock + 23B, Warton + 25D, Wingham + 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	+9	+6	+6	+3	+3	0	0	+3	+3	+7	+7	+11	+11	+15	+15
February	+8	+6	+4	+4	+2	+2	0	0	+1	+1	+3	+3	+5	+5	+7	+7
March	+1	+1	+1	+1	0	0	0	0	0	0	+1	+1	+1	+1	+1	+1
April	+5	+5	+3	+3	+2	+2	0	0	+1	+1	+3	+3	+5	+5	+7	+7
May	+9	+9	+6	+6	+3	+3	0	0	+3	+3	+6	+6	+9	+9	+13	+13
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	+4	+4	+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	+3	+3	+2	+2	+1	+1	0	0	+3	+3	+4	+4	+5	+5	+8	+8
December	+11	+11	+7	+7	+4	+4	0	0	+4	+4	+8	+8	+12	+12	+16	+16

Confidence in Dr. Chase

Founded on His Integrity of Character and the Unusual Merits of His Medicines

It is now generally conceded that the first receipts and prescriptions which were known step towards the recovery of health is to employ to the medical profession a physician in whom you can have confidence. When his attention was turned to selecting medicines to be placed on the market of public sale it was with whole souled effort that he tested out the prescriptions which he considered most suitable for this purpose. And so it is that the integrity of character which marked the efforts of Dr. Chase are indelibly stamped on every medicine which bears his portrait and name and people have without realizing that he was a man of skill who was in love with his profession and only anxious to relieve the suffering and disease of his fellow men. You cannot read the famous Dr. Chase's Receipt Book without appreciating the uniring zeal of its author in searching out the best accomplished because of the splendid results which they have accomplished.

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



The Annual Visit of an Old Friend

It is many years since you received your first copy of Dr. Chase's Calendar-Almanac for with the single exception of one year during the war this almanac has found its way annually into practically every home in Canada.

Before that issue of 1918 was missed we scarcely realized how many thousands of people looked forward to the annual visit of Dr. Chase's Almanac. Showers of letters came from one end of this great country to the other asking why the writers had not received their copy as usual.

This we believe was due to the fact that many people have formed the habit of keeping their records in this Almanac. It is hung in the kitchen or in some convenient place and in its calendar pages are jotted down memoranda of purchases and sales, dates of breeding, planting, gathering in of crops, and scores of items which are sure to prove of value at some future time.

The calendar data in this Almanac are, we believe, the most complete of

any published in Canada and you will see by referring to these tables that you can find the Sun time, etc., almost to a minute at any place in the country.

IT IS NOT ALWAYS EASY

- To apologize.
- To begin over.
- To admit error.
- To be unselfish.
- To take advice.
- To be charitable.
- To keep trying.
- To think and then act.
- To be considerate.
- To profit by mistakes.
- To forgive and forget.
- To shoulder a deserved blame.

BUT IT ALWAYS PAYS.

CASH PRIZES In Diary Contest.

On page 17 you will find a list of the winners in the 1919 Diary Competition and also a list of prizes for 1921. Why not try your hand? You may be one of the successful ones this year.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases			Out. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				New Moon	First Quarter	Full Moon	Last Quarter	d.	h.	m.	d.	h.	m.	Sun Rises	Sun Sets
1	S	♈										7.33	4.29	0.28	
2	S	♈										7.39	4.30	0.29	
3	M	♈	Dull and stormy									7.39	4.31	0.27	
4	W	♈	First of month									7.38	4.32	0.27	
5	T	♈										7.38	4.32	0.24	
6	F	♈										7.38	4.34	0.17	
7	S	♈										7.38	4.35	0.08	
8	S	♈										7.38	4.35	0.49	
9	S	♈										7.38	4.37	0.57	
10	M	♈	Clear									7.37	4.37	0.27	
11	T	♈	and									7.37	4.37	0.26	
12	W	♈	becomes much colder									7.37	4.39	0.25	
13	T	♈										7.36	4.40	0.26	
14	F	♈										7.36	4.43	0.26	
15	S	♈										7.36	4.45	0.27	
16	S	♈										7.35	4.47	0.29	
17	M	♈	Stormy									7.35	4.48	0.28	
18	T	♈	spell									7.34	4.48	0.34	
19	W	♈	sun ceeded									7.34	4.48	0.40	
20	T	♈	by									7.33	4.49	0.48	
21	F	♈	fair									7.33	4.50	0.54	
22	S	♈	weather									7.31	4.52	0.57	
23	S	♈										7.31	4.53	0.55	
24	M	♈	Clear									7.30	4.55	0.59	
25	T	♈	and									7.29	4.56	0.52	
26	W	♈	hold									7.28	4.57	0.35	
27	T	♈	followed									7.27	4.59	0.32	
28	F	♈	by									7.26	5.00	0.09	
29	S	♈	storms									7.25	5.03	0.12	
30	S	♈										7.24	5.03	0.25	
31	M	♈										7.23	5.04	0.17	

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

A 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,

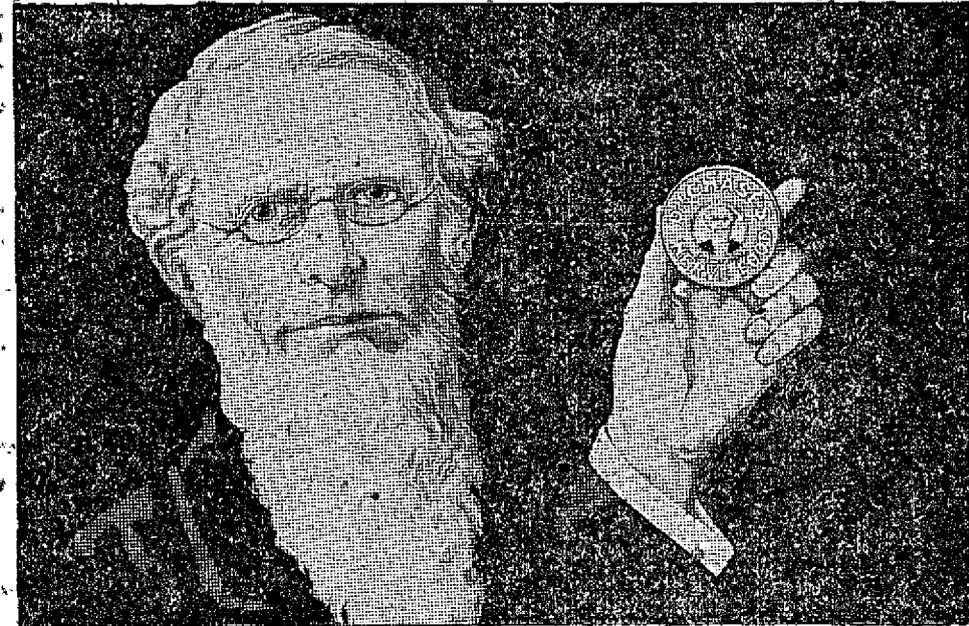
and was noted for his large gifts to educational and benevolent enterprises. News of his remarkable success in treating kidney and liver disorders, nervous troubles and other forms of serious diseases soon spread abroad and brought appeals for help from all over Canada and the United States. He began sending medicines 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 them in the hands of local dealers.

This effort to simplify medical treatment and save the too often unreasonable doctor's bill 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.

All foreign business is taken care of at the Toronto office, where orders are received from all parts of the civilized world.

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.



Be Master of Your Health!

If you are to be master of your health the first essentials are rich blood and strong nerves.

The object of DR. CHASE'S NERVE FOOD is to make the blood rich and red and to build up the nervous system.

To this extent you become master of your health when you employ this well-known restorative.

By the timely use of DR. CHASE'S NERVE FOOD you can keep the health at high water mark, ensure a plentiful supply of nourishment to the nervous system and fortify the human body against the attack of disease.

There are scores of symptoms such as nervous headaches, sleeplessness, indigestion, lack of ambition, energy and

strength, to warn you that the nervous energy is running low.

This is the time when DR. CHASE'S NERVE FOOD enables you to be master of your health by supplying the elements which go to build up the nervous system and re-establish the equilibrium of health.

A study of the letters quoted in this book will give you some idea of how scores of thousands of people have found health in the use of DR. CHASE'S NERVE FOOD.

The same glorious experience may be yours if you persist in the use of this blood-forming, nerve-invigorating medicine. It is not a miracle-worker but Nature's way feeds the starved nerve back to health and vigor.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGN	WEATHER FORECAST	Moon's Phases. Opt. and Ques. Mar. Prov.			Local Mean Time: Ontario, Quebec and Maritime Provinces		
				d. h. m.	d. h. m.	d. h. m.	Sun. Rises (a.m.)	Sun. Sets (h.m.)	Moon Rises (h.m.)
Feb. 1921									
1	W	♌	Month opens	I am calling in full today if no further			7.21	5.07	3.18
2	T	♍	with	Mamma from home with documents to sign			7.20	5.09	3.13
3	F	♎	with snow	We visited 5. Grant 1st time this year			7.18	5.10	4.03
4	S	♏	with snow	Papa is in with more apples, whole avocados			7.17	5.12	4.45
5	S	♐	with snow	I'm giving just the small as far as I know			7.16	5.13	5.25
6	S	♑	with snow	Thawing again, but these plants of mine			7.15	5.14	6.04
7	M	♒	decided	A long day of snow there is no back			7.15	5.16	6.35
8	T	♓	with snow	Papa is busy with apples to pack			7.12	5.17	6.55
9	W	♈	with snow	Clear egg, air increasing we got 13 today			7.11	5.19	7.19
10	T	♉	with snow	Mamma is back and with a basket			7.09	5.20	8.20
11	F	♊	with snow	Pappa is home with 4 barrels more			7.08	5.22	9.22
12	S	♈	with snow	Blowing drifting from shore to shore			7.06	5.23	10.25
13	S	♉	with snow	Cold and wind beats also a calm			7.05	5.24	11.30
14	M	♊	with snow	Went to the bank about the piece of land			7.04	5.26	12.15
15	T	♈	with snow	Got me from school in New Glasgow			7.02	5.27	0.35
16	W	♉	with snow	My car went to school pictures of one			7.01	5.29	1.35
17	T	♊	with snow	Albert to Milling Co. burned to the ground			6.59	5.30	2.41
18	F	♈	with snow	Elmer got 1st prize from 7th N. W. State school			6.57	5.31	3.35
19	S	♉	with snow	Cold again but Pappa in town			6.56	5.33	4.32
20	S	♊	with snow	Still weather improving down			6.54	5.34	5.15
21	M	♈	with snow	Papa did a lot of work in his shop			6.53	5.36	5.55
22	T	♉	with snow	Robert has carbuncle on throat punches			6.51	5.37	6.55
23	W	♊	with snow	Every one sleeps well and hard to see			6.49	5.38	7.55
24	T	♈	with snow	Got my camera back I know its excuse			6.48	5.40	8.50
25	F	♉	with snow	A little yard dinner, we were fine			6.46	5.41	9.55
26	S	♊	with snow	Robert had Kate, but not to live			6.44	5.43	11.04
27	S	♈	with snow	Jordan & Willie went up to Murray			6.43	5.44	12.10
28	M	♉	with snow	We to end called in great hurry			6.41	5.45	0.05

\$363.55 IN PRIZES
 Will be awarded in the great Diary Competition. For full particulars see page 17

Like his famous Receipt Book Dr. Chase's Medicines are always reliable 11



The Frequent Cause of Nervous Breakdown

Nothing so certainly breaks down the nervous system as constant straining of the eyes.

You may think that sewing is light work and wonder why it tires you. It is the strain on the eyes.

The controlling of the sight is the most delicate work of the nervous system and when there is strain on the eyes there is an enormous waste of nervous energy.

There are times when it seems necessary to stick at this work for long hours and to sew by artificial light, but you may have to pay for it by a nervous breakdown.

It is then well to know about Dr. Chase's Nerve Food as a means of restoring a rundown nervous system.

Whatever may be the cause of your nervous breakdown, it has been demonstrated in many thousands of cases that there is nothing like Dr. Chase's Nerve Food to restore the depleted nerve cells.

Headaches, tired feelings, sleeplessness, indigestion, lack of energy and appetite are some of the indications of an exhausted condition of the nerves.

Your digestive system is failing to supply the necessary nutrition to the

blood and nerves, so it becomes necessary to employ such restorative treatment as Dr. Chase's Nerve Food.

Rest will help. Eating only wholesome, nutritious food will benefit. But restoration is very greatly hastened and ensured by the use of Dr. Chase's Nerve Food.

Severe Headaches

Mrs. Geo. J. Johnson, R. R. No 3, Listowel, Ont., writes: "For some time I suffered from a run down system, nervous debility and severe headaches. I heard Dr. Chase's Nerve Food recommended so much that I decided to give it a trial. After using several boxes I am now able to do my work and sleep and eat well. I can safely recommend Dr. Chase's Nerve Food to all who suffer from nervous troubles."

Anaemia

Mrs. S. P. Murray, 102 Winnett St., Woodstock, Ont., writes: "About five years ago I was troubled with anaemia. My blood was very thin and watery. Some of my friends advised the use of Dr. Chase's Nerve Food, so I commenced using this medicine. I could see they were helping me, so I continued this treatment, and used their for about a year. They built me up, and made me real strong again. I have always kept the Nerve Food in the house since then, and use them from time to time when I feel I require a tonic."

Surplus Vitality

Like a savings account against a rainy day surplus vitality is your protection against disease or a strain on the system.

By studying to keep your health at high water mark you are practically immune from the attack of infectious disease and in any event able to make a good fight for your life.

The use of Dr. Chase's Nerve Food to form new rich blood and to build up vigor and energy in the body is the best means we know of storing up surplus vitality.

The time to open your account with the Bank of Good Health is today.



Exhausted Nerves

Medical authorities are accustomed to refer to three stages of nervous exhaustion.

If your nerves are affected it is well to know, in order, that restorative treatment may be employed while there is some foundation on which to build.

First Stage:—Lack of energy, endurance and strength; "That tired feeling," drowsiness, brain fog, sluggishness of the vital organs; poor blood; bad circulation; sleeplessness.

Second Stage:—Nervous indigestion, headache, irritability, restlessness, super-sensitiveness, loss in weight, loss of power of concentration, irregular heart action, dizziness, lack of mental energy.

Third Stage:—Serious mental disturbances, fear, undue worry, melancholia, dangerous organic disturbances, hallucinations, suicidal tendencies and in some cases, insanity. Other lamentable developments are locomotor ataxia or some form of paralysis.

If you have any reason to suspect that your nerves are becoming exhausted the prompt use of Dr. CHASE'S NERVE FOOD is most essential. While you may

overcome prostration and in some cases partial paralysis prevention is the wiser policy. An exhausted nerve cell can be restored but a dead nerve cell can never be replaced.

Epileptic Fits

Miss MAUDE CHART, 13 Upper Charles St., Kingston, Ont., writes:— "I was very nervous and for six years was subject to epileptic convulsions. I used to take about three of these convulsions within a month and during the six years while I was, thus afflicted, I doctored continually, but without any apparent result.

"Some friends advised me to take Dr. CHASE'S NERVE FOOD, and I found this treatment gave me great relief. I used it for over a year, and the convulsions decreased until I would only take one in about six months. It is now over a year and a half since I stopped using Dr. CHASE'S NERVE FOOD, and I have not had one of these fits since, so I think I can safely say that Dr. CHASE'S NERVE FOOD has given me permanent relief. I would recommend its use to anyone suffering from nervousness or convulsions. I may also add that Dr. CHASE'S NERVE FOOD gave me relief from headaches, from which I used to suffer almost all the time.

"You have my permission to use this letter in any way you wish, and I hope others reading it may find as good results from the use of Dr. CHASE'S NERVE FOOD as I did."

Nerves Gave Out

Mrs. Jos. Braubay, R. R. 2, Dacre, Ont., writes:— "I think I should tell you what Dr. Chase's Nerve Food has done for me. For a year I suffered from nervousness, took medicine all the time, and didn't feel any better, but kept getting worse. I could neither sleep nor rest. One day I was reading your Almanac, and saw the letters from people who had been relieved of nervous troubles by Dr. CHASE'S NERVE FOOD. I tried one box, and found them splendid, so I bought twelve more boxes, and continue to take them. Now I feel like a new woman, and will always recommend your medicine to anyone who suffers as I did. My husband says 'I owe my health to Dr. CHASE'S NERVE FOOD'."



"Why I have these headaches is more than I can understand"

"I think it is a touch of indigestion, perhaps you say, not realizing that headaches and indigestion are among the first indications of an exhausted nervous system.

Women are the greatest sufferers from headaches, because their nervous systems are more highly strung and their conditions of life are more conducive to exhaustion of the nervous system.

Worry, anxiety, shock from accident, or bad news, extreme grief—such are frequent sources of nervous trouble, as are also too little exercise and too much indoor life.

When the nerves are exhausted almost any unusual exertion brings on nervous headache. There is such a shortage of nervous energy in the system that any unusual demand starves the brain and produces pain.

The most natural and rational way to overcome this condition is by increasing the amount of nervous energy in the system by using Dr. CHASE'S NERVE FOOD.

The use of powerful drugs to stop headaches is a most harmful and dangerous practice, because the temporary relief is obtained at enormous expense to the nerves, and the evil day of nervous collapse is brought nearer.

The object of Dr. CHASE'S NERVE FOOD is to remove the cause of trouble by building up the system and increasing the nervous energy in the body.

The persistent use of Dr. CHASE'S NERVE FOOD purifies the blood, builds up the nervous system, and increases the vigor and vitality of the human body. 50 cents a box, 6 for \$2.75, all dealers or Edmondson, Bates & Co., Ltd. Toronto.

Day of Month	Day of Week	Zodiacal Signs	Weather Forecast	Moon's Phases			Ont. and Que.		Mar. Prov.		Local Mean Time		
				Ont.	Que.	Mar. Prov.	Ont.	Que.	Mar. Prov.	Ont.	Que.	Mar. Prov.	
Mar. 1921				Last Quarter 1 9 3a New Moon 9 1 9p First Quarter 16 10 19p Full Moon 23 3 19p Last Quarter 31 4 13a									
				Sun Rises h.m. Sun Sets h.m. Moon Rises h.m.									
1	T	♈	Clear	Comes in like a lamb	I met new friends when I was out today And one of them died suddenly, they say I got a my private, there girl and her I missed a letter to F.H. McStee Her name I've Miss as got the corner	6.39	5.47	1.03					
2	F	♈	Clear	High winds and very stormy	Mrs. McFerrin came up on a fog Mamma found her in a way at Ritten door Thames Road will soon be bare as floor Wickley fell and lost his head Got letter from friend in New Zealand Here are two parrots in my garden Alice's name called to see Mr. Duran	6.37	5.48	1.56					
3	S	♈	Clear	High winds and very stormy	Rain & sleet, it freezing like chicken Papa set a hen, 30 calls chicken The teacher J. J. Brit taught folk Hauling up the job is no joke Got a hen as drunk to make money Had letter from St Lucia, when seeing the Still at work acting in the problem	6.36	5.49	2.48					
4	T	♈	Clear	High winds and very stormy	Very changeable	6.34	5.51	3.26					
5	F	♈	Clear	High winds and very stormy	Very changeable	6.32	5.52	4.03					
6	S	♈	Clear	High winds and very stormy	Very changeable	6.30	5.53	4.87					
7	M	♈	Clear	High winds and very stormy	Very changeable	6.28	5.55	5.08					
8	T	♈	Clear	High winds and very stormy	Very changeable	6.27	5.56	6.37					
9	F	♈	Clear	High winds and very stormy	Very changeable	6.26	5.57	6.28					
10	S	♈	Clear	High winds and very stormy	Very changeable	6.25	5.59	7.14					
11	M	♈	Clear	High winds and very stormy	Very changeable	6.23	5.59	7.14					
12	T	♈	Clear	High winds and very stormy	Very changeable	6.21	6.00	8.18					
13	F	♈	Clear	High winds and very stormy	Very changeable	6.19	6.01	9.23					
14	S	♈	Clear	High winds and very stormy	Very changeable	6.18	6.03	10.23					
15	M	♈	Clear	High winds and very stormy	Very changeable	6.16	6.04	11.32					
16	T	♈	Clear	High winds and very stormy	Very changeable	6.14	6.05	5.20					
17	F	♈	Clear	High winds and very stormy	Very changeable	6.12	6.05	6.33					
18	S	♈	Clear	High winds and very stormy	Very changeable	6.10	6.08	1.31					
19	M	♈	Clear	High winds and very stormy	Very changeable	6.08	6.09	2.24					
20	T	♈	Clear	High winds and very stormy	Very changeable	6.06	6.10	3.11					
21	F	♈	Clear	High winds and very stormy	Very changeable	6.04	6.12	3.63					
22	S	♈	Clear	High winds and very stormy	Very changeable	6.03	6.13	4.23					
23	M	♈	Clear	High winds and very stormy	Very changeable	6.01	6.14	5.04					
24	T	♈	Clear	High winds and very stormy	Very changeable	5.59	6.16	5.58					
25	F	♈	Clear	High winds and very stormy	Very changeable	5.57	6.17	7.35					
26	S	♈	Clear	High winds and very stormy	Very changeable	5.55	6.18	8.44					
27	M	♈	Clear	High winds and very stormy	Very changeable	5.53	6.19	9.43					
28	T	♈	Clear	High winds and very stormy	Very changeable	5.51	6.21	10.50					
29	F	♈	Clear	High winds and very stormy	Very changeable	5.50	6.22	11.46					
30	S	♈	Clear	High winds and very stormy	Very changeable	5.48	6.23	12.28					
31	M	♈	Clear	High winds and very stormy	Very changeable	5.46	6.24	0.34					



Bodily Strength Makes for Success

Strength gives you self-confidence. It strengthens and vitalizes not only your physical but your moral backbone.

It puts courage into your heart. It gives you an indomitable determination.

It makes you feel like a fighter, no matter what your sphere of endeavor. A man spurred on by strength of this sort stands in the forward ranks. He is bound to be a leader, whether he is a minister, statesman, politician, soldier, or a mere business man.

Physical strength gives you the ability to do and dare. That statement will bear reiteration in your thoughts every day of your life.

The "big idea" behind Dr. Chase's Nerve Food is the building up of vigor and strength.

In the first place the richness and nourishing principle of the blood is increased. Through the medium of the blood stream and the great nervous system new vitality is supplied to every part of the human body.

With the increase of bodily strength comes the mental vigor which gives you the ability to do and to dare.

If you do not already know the vitalizing influence of Dr. Chase's Nerve Food you will be surprised at the benefits derived from a few weeks use of this great restorative treatment.

Nerve Cells

A dead nerve cell can never be replaced. In this way nerve cells are different to all other bodily cells.

An exhausted nerve cell can readily be restored by the use of Dr. Chase's Nerve Food. In diseases of the nerves preventive treatment is an important in view of this fact that a dead nerve cell can never be replaced.

After-Effects of "Flu"

Mrs. A. ANDERSON, Midale, Sask., writes: "I had the 'flu' and it left me with a pain in my chest for which I doctored for some time. I also tried several plasters, but with no result and this pain continued for nearly a year. 'One day I picked up a copy of Dr. Chase's Almanac and read of Dr. Chase's Nerve Food. I resolved to try it and found before I had used one box I felt better. I kept right on taking it until I had used five boxes, which gave permanent relief."

Neuralgia and Sciatic Pain

Nervous exhaustion does not always show itself in the same way. While some people complain of being tired, weak, languid, lacking energy, vigor and power to concentrate the mind—others suffer rather from neuralgia, sciatic pains or headache and rheumatism which are other terms to describe the same conditions.

It is persons who suffer from these painful symptoms that are most likely to yield to temptation to use narcotics to dull the pain, deadening the nerves.

The only rational treatment is that which restores the exhausted nerve cells and thereby removes the cause of pain and suffering. Because it builds up the exhausted nervous system Dr. Chase's Nerve Food has won its way everywhere. Many a chronic sufferer from neuralgic headaches and sciatic rheumatism found in Dr. Chase's Nerve Food the means of obtaining freedom from these torturing ailments.



The Doctor Says It Is Your Heart

"What did he say?"

"Well, he says that the great majority of people who had the flu have suffered afterwards from weak heart action."

"I never had heart trouble."

"No, but the way the doctor explains it is that the nervous system is so weakened by the flu that there is not enough nerve force left to drive the machinery of the body."

"That is about the way I feel for I have no appetite, and do not feel able to stir."

"No, and you do not seem to digest the little food you do eat. So you cannot expect to gain strength. Why not try some of Dr. Chase's Nerve Food?"

"Oh, I do not see how that would help me."

"Now, John, I think that is exactly what you need. It always helped me when I got run down in health, and I hear so many saying the same thing that I think you should give it a trial. You try yourself that you are not gaining these days?"

"Would that help my heart?"

"Because it enriches the blood and increases the nerve force. Anything that strengthens the nerves will naturally strengthen the action of the heart, for the heart, like the stomach and other organs, is dependent on the nervous system for operating power."

"Well, you talk as though you knew. I guess your training as a nurse is coming in useful."

"Will you try the Nerve Food, then?"

"Yes, I will give it a good trial, for I want to get around, and not sit here like an invalid."

"I am so glad, for I feel sure it will soon get you feeling all right again."

Rheumatism

MRS. IRVINE COLLINS, R. R. No. 2, Simcoe, Ont., writes: "My husband suffered from rheumatism and his stomach was in a very weak state. He was unable to eat fruit of any kind. He tried three doctors, but received no lasting help. I happened to be in a grocery store one day when I overheard a man telling of using Dr. Chase's Nerve Food for rheumatism. I immediately bought some for my husband, and he used it with excellent results. He can go to bed now without being tormented by rheumatism and is able to eat fruit without its affecting his stomach. I also know of many others who have been benefitted by Dr. Chase's Nerve Food. We think it is splendid."

A Strength Builder

When considering the use of Dr. Chase's Nerve Food as a reconstructive agency it should be remembered that it is not a stimulant to awaken false hopes.

On the contrary it is composed of the most potent blood-forming, nerve-invigorating elements to be found in Nature's storehouse.

Its active and concentrated principles are approved and adapted by the medical profession as the greatest of strength builders.

A treatment of this nature does not upset the system by drastic actions but restores health and strength naturally and gradually so that the results are lasting benefit.

Winners in 1919 Diary Contest

Many Hundreds of Interesting Diaries sent in by Hopeful Contestants

It was no small undertaking to decide on the best kept diaries, but the judges did their best to give justice to all and after careful consideration placed the awards as follows:—

- | | |
|--|--|
| 1st Prize—\$210 Style E. Voice-o-Phone—Mr. Jno. Jacobs, Brrnholt, R.R. 1, Ont. | 11th Prize—\$4.90 Receipt Book—P. P. Fowler, Valcourt, Que. |
| 2nd Prize—\$110 Voice-o-Phone—Mrs. Wm. Hildebrandt, Bradford, Ont. | 12th Prize—\$4.90 Receipt Book—J. E. Laird, Biggar, Sask. |
| 3rd Prize—\$60 Voice-o-Phone—Mrs. D. G. Pierce, Cumberland Bay, R.R. 2, N.B. | 13th Prize—\$4.90 Receipt Book—Henry S. Martin, Froisher, Sask. |
| 4th Prize—\$35 Voice-o-Phone—Mr. Ivor C. Bice, Clarksburg, Ont. | 14th Prize—\$4.50 Receipt Book—Mrs. E. J. Groves, Kinburn, Ont., R.R. 1. |
| 5th Prize—Records value \$15—Mr. Jno. Woodrow, Coldwater, Ont. | 15th Prize—\$4.50 Receipt Book—Miss Sarah Lawrence, 295 Wharncliffe Road, London, Ont. |
| 6th Prize—Records value \$10—Mr. Walt H. Campbell, Bateman, Sask. | 16th Prize—\$4.50 Receipt Book—Mrs. Jno. O'Connell, Goshen Corner, N.B. |
| 7th Prize—\$4.90 Receipt Book—Minnie M. Miller, Mataqui, B.C. | 17th Prize—\$4.50 Receipt Book—Mrs. A. E. Lloyd, 11, 643 102nd Ave., Edmonton, Alta. |
| 8th Prize—\$4.90 Receipt Book—Mrs. (Rev.) S. D. Webster, Cornwall, P.E.I. | 18th Prize—\$4.50 Receipt Book—Mrs. Jno. Merrett, 122 Lutton Ave., Winnipeg, Man. |
| 9th Prize—\$4.90 Receipt Book—Rev. Chas. H. Talma, Martin's Pt., N.S. | 19th Prize—\$4.50 Receipt Book—Miss P. Florence Miller, Box 10, Topsail, Nfld. |
| 10th Prize—\$4.90 Receipt Book—Mr. Samuel Jacobs, 202 1/2 Mitchell Ave., Oakland, Cal. | 20th Prize—\$4.50 Receipt Book—Geo. H. Darling, 99 Vine St., St. Catharines, Ont. |

\$363.55 in Cash Prizes for 1921

To be awarded as follows:—

- | | |
|--|-----------------|
| 1st Prize, Cash | \$100.00 |
| 2nd " | 75.00 |
| 3rd " | 50.00 |
| 4th " | 25.00 |
| 5th " | 15.00 |
| 6th " | 10.00 |
| 7th to 13th inclusive, Dr. Chase's Receipt Book, leatherette, \$6.75 | 47.25 |
| 14th to 20th inclusive, Dr. Chase's Receipt Book, Cloth, \$5.90 | 41.30 |
| Total | \$363.55 |

This competition is open to all but must be kept in Dr. Chase's ALMANAC and sent in not later than January 15, 1922. Why not get an almanac and try for a prize?

The entries 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, harvesting, work done on certain crops, prices obtained, money received and paid out, notes, etc.

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 *Miss Ruth M. Donald*
Address *Scotch Hill East, Pictou, Co. Nova Scotia, Can.*

Kindly note that, as your Almanac contains writing, it is necessary to pay 5 cents postage, letter rate, also enclose postage for the return of your Almanac.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases, Out, and Quo.		Mar. Prev.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				d. h. m.	d. h. m.	Sun. Rises	Sun. Sets	Moon Rises		
April 1921				☾ New Moon	8 4 5 a.	8 5 5 a.	5.42	6.27	2.00	
				☽ First Quarter	15 5 12 a.	15 6 12 a.	5.40	6.23	2.36	
				☽ Full Moon	21 2 49 a.	21 3 49 a.				
				☾ Last Quarter	29 11 9 p.	30 0 9 a.				
1	F	♈	Rain at first	We got a turkey egg in chaff. Callan's Silvester cow has calf.			5.42	6.27	2.00	
2	S	♈					5.40	6.23	2.36	
3	S	♈	Clear	Plenty of snow, and good for the foot.			5.38	6.29	3.07	
4	M	♈	and fine	We have nine chickens in dry goods box.			5.56	6.31	3.37	
5	T	♈	Followed	We are counting on oats in Great Contest.			5.34	6.32	4.05	
6	W	♈	ed.	Eggs are only 1/2 lb and hides 1 to 3 at best.			5.32	6.33	4.33	
7	T	♈	by	We jumped our court and sent it away.			5.31	6.34	5.01	
8	F	♈	rain	We are having cleaning pailer today.			5.23	6.36	sets	
9	S	♈		Nerman after smelt to Cubro River.			5.27	6.37	8.15	
10	S	♈	Cool and dull	I saw a lizard and I'm ready to abuse Papa put to testing eggs under from Callan's hens now (Monday night).			5.28	6.38	9.23	
11	M	♈	but not much	This was a butterfly around the way.			5.24	6.40	10.27	
12	T	♈	much	Friend Robert's bird today.			5.22	6.41	11.27	
13	W	♈	rain	Got a mother hen six all told.			5.20	6.42	a.m.	
14	T	♈		Ken's birthday 4 years old.			5.18	6.43	0.23	
15	F	♈					5.16	6.43	1.09	
16	S	♈					5.13	6.46	1.51	
17	S	♈	Fine but cool	Dirt day with rain and sleet.			5.13	6.47	2.29	
18	M	♈	and back	Drove to Lynn's Brook with friends to meet.			5.11	6.48	3.03	
19	T	♈	ward	To Port O. again. Looking for snails.			5.10	6.50	3.36	
20	W	♈	season	Saw Albert today. She is very fine.			5.09	6.51	4.03	
21	T	♈		Papa has Bees eaten grass & logs.			5.06	6.52	rise	
22	F	♈		Callan's fenses has calf. It's eye of a dog.			5.04	6.53	7.31	
23	S	♈		It was a black to see morning picture.			5.03	6.55	8.39	
24	S	♈	Light	Grass coming green, lovely to see.			5.01	6.56	9.33	
25	M	♈	clear	Had letter from Africa. How M. L. C.			5.00	6.57	10.27	
26	T	♈	and	Digging young snails for ornament & use.			4.58	6.58	11.15	
27	W	♈	warms	Near home on ice, snow, melt, the ground.			4.56	7.00	11.57	
28	T	♈	er	Such change, the day is fair and warm.			4.55	7.01	a.m.	
29	F	♈		Papa cutting poles at foot of farm.			4.53	7.02	0.24	
30	S	♈					4.52	7.03	1.07	



Eye Strain is Nerve Strain

"Fatigue," says Dr. Harrington, "comes on more quickly from eye strain than from any amount of muscular work."

Except in perfect daylight the nerves of the eye are constantly tense, sapping the energy of the whole system.

Much work is done in offices, stores and factories by artificial light, even in the daytime, and now there is an abnormal amount of night work.

This straining of the eyes necessarily means an enormous waste of nervous energy. You find yourself feeling tired and losing interest in your work.

Headaches are frequent and digestion is imperfect because there is lacking the nervous energy required to run the digestive machinery.

If your work requires much concentration of the mind, you experience "brain fog" and find yourself losing grip on the task in hand.

Under such conditions Dr. CHASE'S NERVE FOOD can do wonders for you if you use it conscientiously for a few weeks. Its benefits come in the most rational and natural way imaginable for it feeds

the starved and exhausted nerves back to health and vigor.

This result is accomplished through the medium of the blood. By actually forming new rich blood, DR. CHASE'S NERVE FOOD restores the vitality of the nervous system, and thereby instils new vigor and energy into the whole human body.

Miss Rena B. Crossland, Kempf, Queen Co., N.S., writes: "I feel it a duty, as well as privilege, to tell of the wonderful benefit derived from the use of DR. CHASE'S NERVE FOOD. In March 1917, I had anaemia of the brain and the mental and physical suffering endured is indescribable. I had treatment from three doctors and for twelve days was unconscious, while for three months I was feeble and cared for like an infant. My mother was anxious for me to use Dr. CHASE'S NERVE FOOD that she crushed it and baked it in my foot. After using two boxes I could feed myself and after using it for two months my health improved so rapidly that doctors and friends said my recovery was a miracle."

I cannot recommend Dr. CHASE'S NERVE FOOD too highly, even to those who seem to be facing death. We keep it in the house, so and I use it occasionally to keep fit. I always regret that I did not follow my mother's advice and use it while I was away teaching whenever I felt nervous or tired. But as I had no serious illness and did not realize the value of it, I neglected heeding mother's advice until it was too late and I had a complete breakdown.

But thanks to Providence and DR. CHASE'S NERVE FOOD, I have been enjoying my normal health and strength for the past two years. We have also used DR. CHASE'S KIDNEY LIVER PILLS, CATARRH POWDER and DINTINE in our home, and must say we have been surprised sometimes at the instant relief given.

Unsociable Henry

"I think you were absolutely wrong, Henry about that furniture."
"Yes, dear."
"And about the wall paper."
"Yes, dear."
"Now, look here, Henry, if you're not going to be sociable, I'm going to bed!"



Most Critical Time In a Girl's Life

Conditions and Symptoms Well Described by Dr. Roberts.

(Nothing is more common with physicians, writes Hon. Dr. W. H. Roberts, Minister of Health, New Brunswick, than to find that during the few weeks preceding the closing of the school term, we are visited by mothers having with them their daughters, who have been cramming for final examinations and in the majority of instances the story related is something like this: "Doctor! I have brought Mary to you to see if you cannot do something for her. You know she has been leading her class nearly all of the term; she is competing for the Governor-General's Medal, and we are so anxious that she be successful, but of late it is so hard for her to study, her head aches, she has no appetite, we cannot force her to partake of food, her bowels are constipated, she is so nervous, Doctor, she cannot get to sleep, sometimes for hours after she retires."

She is so white and frail looking. We also notice her twitching her face, eyelids and mouth a lot, and of late losing her head to and fro and we are fearful if something is not done, she will not hold out and we do, so much, want her to take the honors she has worked so hard for all winter."

"We take a look at the girl and find that in almost every particular the word picture of the mother, quite correctly describes the condition found. We find she is truly very anæmic in

appearance, tongue quite heavily coated; generally far below the average weight. We notice, too, the nervous symptoms spoken of by the mother, simulating a beginning chorea, or St. Vitus' dance. Upon examination of the heart, which she complains about as beating rapidly at times, there is revealed a functional murmur, and suspecting from her headache some possible eye complications, we have her see an oculist, who reports severe condition of astigmatism. At the same time, bear in mind, nature is doing her best to shape and perfect her scheme of physical economy.

Such remarkable results are being obtained by the use of Dr. CHASE'S NERVE FOOD, under conditions so well described by Dr. Roberts, that it becomes a duty as well as a pleasure to tell others about it.

Girl's Nerves Gave Out

Mrs. AMY COOPER, CARNEGIE ST., Ingersoll, Ont., writes: "Some three years ago, my daughter, who was then about thirteen years of age, seemed nervous and run down. I gave her some medicine, but she did not get entirely well. Later, she got worse, the nervousness taking the form of a twitching and shaking of the arms, limbs and even her face at times. Sometimes these attacks would be so severe she could hardly hold her knife and fork while eating. I tried some of Dr. CHASE'S NERVE FOOD for her, but was so anxious about her that I did not give it a chance to do any good, but took her to the doctor. He gave her some pills, and some time later, as I did not see much difference in her condition, I said I thought the NERVE FOOD would do her more good, so I started her using it again. After using a few boxes, she was completely cured of her nervous trouble. She has grown, gained much in weight, and is looking fine and healthy. I am very grateful to Dr. CHASE'S NERVE FOOD for what it had done for us."

He Ought to Know Better

"There is no use trying to joke with a woman. The other day Jones heard a pretty good conundrum and decided to try it on his wife.

"Do you know, why am I like a mule?" he asked her when he went home.

"No," she replied promptly. "I know, you are, but I don't know why you are."



Was given Few Months to Live Is Now Strong and Well

Miss E. W. EHMAN, School Teacher, Libau, Man., writes: "Four years ago, while living in Regina, I was afflicted with fainting spells, nervous headache, and became very thin and pale. I sought medical advice and was treated for consumption, and given only a few months to live. I had to sleep on the verandah and was told not to go to public places for fear of spreading germs."

"A newspaper advertising Dr. CHASE'S NERVE FOOD fell into my hands. I bought six boxes and after a few weeks began to increase in weight and feel better. Under this treatment I gradually regained my health, and now weigh 165 pounds. I enclose a picture I had taken while ill and

my photo of to-day, so that you can see what a difference there is.

"The reason for my writing this is the hope that this statement of mine will fall into the hands of some poor sufferer who can be benefitted, may be saved, by the steady, regular use of Dr. CHASE'S preparations.

"I often use Dr. CHASE'S KIDNEY-LIVER PILLS to keep my kidneys and liver in shape. I have recommended Dr. CHASE'S medicines to a great number of people for kidney trouble, lame back, appendicitis, shortness of breath, indigestion, nervousness, and in fact for every sickness I am asked advice about."

V. of MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER Forecast	Moon's Phases Ont. and Qué.			Mar. Prov.			Local Mean Time (Ontario, Québec and Maritime Provinces)			
				d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.	
1	S	♈	Fine	☾ New Moon	7	4	2 p.	7	5	2 p.	4:50	7:05	1:37
2	M	♈	Spring weather	☽ First Quarter	14	10	25 a.	14	11	25 a.	4:49	7:06	2:05
3	W	♈	first frost	☾ Full Moon	21	10	25 p.	21	4	15 p.	4:47	7:07	2:33
4	T	♈	fresh	☽ Last Quarter	29	4	45 p.	29	8	45 p.	4:46	7:08	3:01
5	F	♈									4:44	7:10	3:30
6	S	♈									4:43	7:11	4:02
7	S	♈									4:42	7:12	4:32
8	S	♈									4:39	7:13	5:15
9	M	♈	Balmy								4:39	7:14	5:43
10	T	♈	spell								4:38	7:15	6:12
11	W	♈	leaky								4:36	7:17	6:48
12	T	♈	several days								4:35	7:18	7:22
13	F	♈									4:34	7:19	7:57
14	S	♈									4:33	7:20	8:31
15	S	♈									4:32	7:22	9:04
16	M	♈	Cool spell								4:30	7:23	9:38
17	T	♈	followed by								4:29	7:24	10:09
18	W	♈	spring rains								4:28	7:25	10:41
19	T	♈									4:27	7:26	11:13
20	F	♈									4:26	7:27	11:49
21	S	♈									4:25	7:28	12:22
22	S	♈									4:24	7:29	12:58
23	M	♈	Dry								4:23	7:30	1:03
24	T	♈	spell								4:23	7:31	1:53
25	W	♈	with								4:22	7:32	2:22
26	T	♈	high winds								4:21	7:33	2:57
27	F	♈									4:20	7:34	3:28
28	S	♈									4:19	7:35	4:02
29	S	♈									4:19	7:36	4:07
30	M	♈	Ends wet								4:18	7:37	4:35
31	T	♈									4:17	7:38	5:02

*I was to travel in your Brook Hall
we got wind there is a lag to haul
Got 5 P.M. interest from the school & Co
and 1 P.M. from the farmer guide at Port C.
Another letter at London Gladys P.
House cleaning kitchen. All one
Papaw sick. Grace is busy.*

*Yes better, there are 4 little turkeys
we have ten woodcock Chickens
An excellent day for snuff and water
The picture parsons left on their cruise
I'm going to P.O. looking for news
Woodcock Ellery exp. away
Papaw is plowing till today!*

*Part of my and stayed for tea
Every thing is as well as ever here
Got news that the Simpsons Cat
Auntie sick and says at that
Mrs. Sutherland's out teacher is here
Man called with a bill for 500 man
Course the Rose is way ill*

*I was to travel in Hall
Yes Grant moved to the home
Papaw owned what's happened come
See how's? Chuck and Fluckys so far
Mrs. Carasin had lay financial
We have for early potatoes in
Grove boys set. Outdoor in the*

*Yes we're in apple blossom Sunday
I narrowed down the Monday
Museum at Country and called on
way*



Is This Your Child?

You may not think that your child is really ill. Perhaps you do not consider his under-weight a cause for worry. It is possible that you may describe the condition in such terms as - Run-down, No Appetite, Delicate, Anæmic, Always Tired, Very Small, Lacks Energy, Nervous, Very Sensitive, Under Developed, Thin, Pale, Low Vitality, Doesn't Sit Up Straight, Below Par, etc.

If this is so your child's condition may be serious and if you can correct it, it will mean more to the success and happiness of your boy or your girl than any fortune you could leave.

It is most essential that you look to the diet in the first place. Your child is not getting proper nourishment. Perhaps too much pastry, sweets and cakes so that the appetite for good wholesome food is ruined.

Because DR. CHASE'S NERVE FOOD goes directly to the formation of new rich blood and supplies nutrition to the nervous system and body generally it is the most effective treatment you can

possibly obtain for the restoration of your delicate child.

Sunlight, exercise, plain nourishing food, proper hours of sleep and rest are essential to the gaining of strength and weight. But do not lose sight of DR. CHASE'S NERVE FOOD as a most satisfactory method of hastening recovery.

On Verge of Breakdown

Mrs. M. E. Robson, 170 Dublin St., Peterboro, Ont., writes: "When about the age of fourteen or fifteen, my daughter was on the verge of nervous breakdown. She had a very poor appetite, lost all her color, and at times had a twitching of the nerves in her limbs. I secured some of DR. CHASE'S NERVE FOOD and gave her a treatment, using five or six boxes. The results were splendid, entirely curing her of her nervous trouble, and restoring her appetite. I find DR. CHASE'S NERVE FOOD a splendid stimulant and best results to be found by taking some of the KIDNEY-LIVER PILLS at the same time."

Was Subject to Fits Now Entirely Well

Mrs. Joseph Kelly, Bryenton, N.B., writes: "When I was a young girl, I took fits 7 years, and could get nothing to give me relief. After my marriage I did not take these fits for about five years, when they began again. My nerves were in a terrible condition. I could not sleep night or day, and I would never have any warning when one of those fits was coming. I would just fall over where I stood. When in this state I began the use of DR. CHASE'S NERVE FOOD, and had not finished the first box when I noticed an improvement. I continued this treatment for some time and am happy to say I have never taken a fit since. That is over a year ago, so I feel that I am cured. It is a wonderful blessing to me, and I hope my experience with DR. CHASE'S NERVE FOOD may be of benefit to other sufferers."

"I have also used DR. CHASE'S OINTMENT and while you claim it is worth \$5.00 a box my experience has proved that it is more than being worth \$50.00 a box."

The Secret of Long Life

Perhaps no two aged persons will have you the same rules for long life.

But doctors are unanimous on one point and that is that poisons in the system not only cause pain and suffering but also greatly shorten life.

It is only by keeping the filtering and eliminating systems—the liver, the kidneys and the bowels—in healthful, vigorous condition that the body can be cleared of poisons and the blood kept pure and life-sustaining.

Some are able to maintain the health and activity of these organs by giving some attention to diet, but the great majority find it necessary to use such treatment as DR. CHASE'S KIDNEY-LIVER PILLS occasionally to arouse the sluggish liver, to awaken the kidneys to action and to regulate the bowels.

By this means you remove the cause of constipation, of chronic indigestion and of conditions which lead to serious and painful diseases of the kidneys.

Constipation

Mrs. SLONEY LEV, Little, Hancock, N.S., writes: "I suffered for two years from constipation and all its annoying symptoms. I had frequent headaches and my kidneys bothered me. I saw Dr. CHASE'S KIDNEY-LIVER PILLS advertised and decided right then to give them a trial. While taking the first box I felt that I was improving, and the second box completely cured me. My husband has also used the KIDNEY-LIVER PILLS for indigestion. He was a great sufferer from this malady, but before he had used three boxes of Dr. CHASE'S KIDNEY-LIVER PILLS, he was entirely cured. We think there is no medicine to equal these pills, and we shall never be without them in the house. You are welcome to publish this letter to help others."

Lumbago So Bad Could Scarcely Move

MR. ALBERT DISCH, Walkerton, Ont., writes:— "At one time, I was attacked with lumbago so badly that I could scarcely get home. Whenever I lay down, I could hardly get up again for pain. These attacks used to come on quite frequently, and I suffered greatly. I consulted doctors and tried many different remedies without getting any relief. Finally I got some of Dr. CHASE'S KIDNEY-LIVER PILLS, and before I had used half the first box, I began to feel better. I continued the treatment, and it was not long before I felt like a new man. The lumbago left me, and I have not been troubled with it since. I think Dr. CHASE'S KIDNEY-LIVER PILLS are worth their weight in gold, and always keep them on hand."

Lame Back for a Year

MR. C. E. REYNOLDS, 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."

Drifting Into Disease

Why drift into ill-health by neglecting the care of the kidneys?

In the year 1910 there were in the United States more than 100,000 deaths between the ages of 40 and 60 from diseases of the heart, the circulation and the kidneys.

Besides this there were hundreds of thousands whose usefulness was greatly impaired because of derangements of the kidneys, liver and bowels.

Such derangements can be readily corrected and serious developments prevented by the use of Dr. CHASE'S KIDNEY-LIVER PILLS. No treatment affords such prompt relief or so certainly awakens these organs to healthful action.

"Oh! My Back"



Sudden, agonizing pain in the back is known as lumbago. It comes on suddenly but is usually slow to depart.

Backache is nature's warning that the kidneys are on strike. They have been overworked and have broken down in their effort to filter poisons from the blood.

Poisons cause pain and as poison left in the blood by defective kidneys circulates through the whole system pains and aches may be set up anywhere.

The most prompt means of correcting the action of the kidneys is by the use of

Dr. Chase's Kidney-Liver Pills

Because this medicine also awakens the activity of the liver and bowels, it is far more effective than any mere kidney treatment.

With the filtering and excretory systems in action the poisons are soon swept from the body, the digestion is improved and health and strength restored.

DAY OF MONTH	DAY OF WEEK	MOON'S PHASES	ONT. AND QUE.		MAR. PROV.		LOCAL MEAN TIME		
			D.	M.	H.	M.	ONTARIO	QUEBEC	AND MARITIME PROVINCES
		☾ New Moon	6	1:15 a.	6	2:15 a.	Sun	Sun	Moon
		☽ First Quarter	12	4:0 p.	12	5:0 p.	Rises	Sets	Rises
		☾ Full Moon	20	4:41 p.	20	5:41 p.	h.m.	h.m.	h.m.
		☽ Last Quarter	28	8:17 a.	28	9:17 a.			

DAY OF MONTH	DAY OF WEEK	WEATHER FORECAST	LOCAL MEAN TIME	ONTARIO	QUEBEC
1	W	Keeps cool	7:17	7:39	1:30
2	T		4:16	7:40	2:00
3	F	for June	4:19	7:40	2:34
4	S		4:15	7:41	3:15
5	S	Warm	4:13	7:42	3:58
6	M		4:14	7:43	3:58
7	T	but cloudy	4:14	7:43	9:00
8	W		4:11	7:44	9:49
9	T	and then rain	4:13	7:45	10:32
10	F		4:13	7:45	11:08
11	S		4:14	7:45	11:44
12	S	Weak	4:13	7:46	a.m.
13	M	begins fine	4:12	7:47	0:13
14	T		4:12	7:48	0:45
15	W	but cloudy	4:12	7:48	1:17
16	T		4:12	7:48	1:50
17	F	at end	4:12	7:49	2:27
18	S		4:12	7:49	3:07
19	S	Turly decided	4:12	7:50	3:52
20	M		4:13	7:50	rises
21	T	warm	4:13	7:50	8:32
22	W		4:13	7:50	9:04
23	T	fine	4:13	7:50	9:40
24	F	weak	4:14	7:51	10:10
25	S		4:14	7:51	10:37
26	S	Cool	4:14	7:51	11:04
27	M	again	4:15	7:51	11:33
28	T	and changeable	4:15	7:51	11:59
29	W		4:16	7:50	a.m.
30	T		4:16	7:50	0:30

The men are pillaging the...
 Had a letter from Midland Lake...
 We didn't turn on...
 Big fire started at neighbor's farm...
 When it is raining...
 This is the day of...
 Had letter from friend in New Zealand...
 Mrs. Clark Little...
 When I...
 Papa raised...
 The...
 Richard Smith got...
 I was to...
 Papa...
 The...
 Down to...
 Weather getting...
 Papa...
 Linda...



Kidneys Like Sponge

The kidneys are likened to sponge which absorb and separate from blood stream its waste products. When the kidneys are inactive the poisons remain in the blood circulate through the body and cause pain suffering and serious disease. The love of health should compel you to keep the kidneys healthy by the occasional use of Dr. Chase's Kidney-Liver Pills.

How Old Are Your Arteries?

This is the doctors tell us, the real test of age. When the arteries harden it is all up. But how then is one to keep young? By keeping the kidneys active in their work of filtering the poisons from the blood and there is nothing like Dr. Chase's Kidney-Liver Pills for keeping these organs in healthful activity. The arteries are like rubber tubes which carry the blood through the body. When the circulation is laden with impurities the blood pressure is increased and snap go the brittle hardened arteries. High blood pressure and hardening of the arteries are prevented by keeping the kidneys in good condition.

Liver Trouble

Mrs. F. L. Harris, Keatley, P.O., Sask., writes: "I was suffering from liver trouble. Had a heavy pain under one shoulder blade all 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. I did so, and before I had taken one 25c. box the pain had left me and I commenced to gain in flesh and by the time I had taken two boxes I was completely cured."

This You Know

You know better than any one else it would be worth to you to be free from headaches and bilious spells from those periodic attacks of indigestion and consequent depression of spirits and energy. It is because we know from long experience with Dr. Chase's Kidney-Liver Pills that this medicine will promptly afford you that we feel warranted in inviting you to make a test in your case.

Had Kidney Troubles For Fifteen Years

Mr. W. J. Wilson, 145-10th St., Grand Man., writes: "I suffered from kidney and liver trouble for fifteen years, and doctor after examining me carefully, would prescribe but their medicines did not seem to do me a good. I may say that at the same time suffered from protruding piles, and failed weight from 165 to 139 pounds. The doctor told me I would have to be operated on. My wife kept urging me to try Dr. Chase's Kidney-Liver Pills and Ointment and finally did. I commenced a treatment of Dr. Chase's Nerve Food, Kidney-Liver Pills and Ointment, and I can say that I now feel like a entirely different man. My weight increased to 151 pounds. I work hard every day, and feel just fine."

The Functions of the Kidneys

And the Dreadfully Painful and Fatal Diseases which Arise When the Filtering Organs Fail.

It is the function of the kidneys to filter from the blood certain waste products which are formed in the different organs of the body during the natural processes of life. These elements may be likened to the smoke and ashes resulting from the combustion of fuel under the boiler of the locomotive. If these waste products are not removed the fire dies out and the machinery comes to a standstill—the kidneys and liver are clogged and rendered useless, the digestive system impaired, and these poisonous waste matters thrown back into the blood stream to carry disease and death to all parts of the body.

It frequently happens that when the kidneys fail to do their duty this waste material is deposited in the kidneys and hardens into what is known as kidney stones. It is the passage of these hard substances through the ureters into the bladder that causes the most excruciating pains that one can well conceive of. As a matter of fact no one can afford to neglect the symptoms of kidney disease, for the disorder of these filtering organs gives rise to the most painful and deadly complications known to mankind.

Taking Cold

When you find yourself taking cold consider the condition of the bowels.

Colds are often caused by the poisons retained in the body as the result of overeating, constipation and torpid condition of the liver and bowels.

The first thing to do is to awaken the action of the liver and kidneys by the use of Dr. Chase's Kidney-Liver Pills.

The use of Dr. Chase's Syrup of Linsen and Turpentine will control the cold in the air passages and protect the bronchial tubes.

Constipation for Years

Mrs. JOHN BARRY, 18 St. Amable St., Quebec, Que., writes:—This is to certify that I was troubled for years with constipation and tried all kinds of medicines without relief. At last my husband suggested that I try Dr. Chase's Kidney-Liver Pills. I did so, and must say that they have given me more relief than all the medicine I have taken during the last fifteen years. I may also add that I have used Dr. Chase's Ointment for piles with excellent results.

Neighbor: "I see your Pills sittin' the 'arp with the hangels 'ow."

Long-suffering Widow: "Not mi. Ittin' the hangels wiv' the 'arp sneefer is mark."—Life.

The Symptoms of Kidney Disease

- Headache
- Fickle Appetite
- Gradual Loss of Flesh
- Frequent desire to urinate, especially at night
- Deposits in the Urine
- Aching pains and burning in the small of the back
- Neuralgia and Sciatic Pains
- Chronic Rheumatism
- Extreme Wakefulness
- Cramps in calf or legs
- Dropsical Swelling
- Constipation and painful diarrhoea
- Scanty, dark-colored urine
- Gradual failure of strength and extreme pallor of the face
- Persistent swelling of the ankles and legs
- Failure of perspiration and frequent chills and fevers
- Shortness of breath caused by lungs filling with water, which kidneys fail to pass off.



Increase in Diseases of Middle Life

"From full maturity to old age, death is chiefly caused by the breaking down or wearing out of the vital organs," writes Dr. Fisk in the monthly Bulletin of New York State Department of Health.

Heart disease, apoplexy, paralysis, Bright's disease of the kidneys, and cancer are the enemies of middle life and old age. It is well known that cancer is heavily on the increase, but not so well known that the death rate from diseases of the heart, blood vessels and kidneys has practically doubled in this country during the past thirty years, while in Great Britain there has actually been a slightly reduced mortality from these causes. In 1913, between the ages of 30 to 60, there were 85,000 deaths in the United States Registration Area from these degenerative affections, exclusive of cancer. This means that for the country at large there is an annual loss of more than 130,000 citizens in the prime of life. That most of these deaths were premature and that 50 per cent. of them could have been postponed many years

by early warning and guidance is a conservative estimate.

The cause of this alarming condition is attributed to improper habits of living and neglect to keep the filtering and eliminating organs in healthful condition.

Overeating and too little exercise, excessive mental exertion and worry, loss of sleep and irregular hours are among contributory causes.

As a means of arousing the activity of the liver, kidneys and bowels, ridding the system of poisons and purifying the blood, DR. CHASE'S KIDNEY-LIVER PILLS have a long record of unqualified success. That they have prolonged the lives and added to the comforts of scores of thousands of people is unquestionable. In correcting the minor ills they prevent serious disease.

25 Years of Rheumatism

MR. NEIL A. CAMERON, Kiltarity, N. S. writes:—I am glad to recommend Dr. Chase's Kidney-Liver Pills to anyone who is suffering from rheumatism. For about twenty-five years I was bothered more or less with this affliction. I was treated by doctors all over Nova Scotia and when on business in New York had opportunity to consult one of the great specialists there; but I never gained more than temporary relief. In an effort to get rid of accumulating development of the disease, I tried Dr. Chase's Kidney-Liver Pills, and when I had taken eight boxes, I was, to my astonishment, totally cured. I therefore heartily recommend these Pills to all who suffer from rheumatism, and any one who doubts my testimonial may write me as proof to the contrary.

(Rev. James A. Collins, P. P.) says: "I wish to certify that I am personally acquainted with Mr. Neil A. Cameron, and believe my statement is true and to my personal knowledge correct."

Customer—"Have you any lice?"

Clerk—"Bad lice?"

Customer—"No, shoe lice!"

Day of Month	Day of Week	Zodiac Signs	Moons Phases	Ont. and Que.		Mar. Prov.		Local Mean Time		
				d.	h. m.	d.	h. m.	Sun Rises	Sun Sets	Moon Rises
<p>July 1921</p> <p> ☉ New Moon 5. 8. 36 a. ☽ First Quarter 11. 11. 16 p. ☉ Full Moon 19. 7. 52 p. ☽ Last Quarter 27. 9. 20 p. </p>										
1	F	M	Pine	4.18	7.50	1.08				
2	S	T	Papa is thin, medicine for liver	4.17	7.50	1.47				
3	S	M	Dear Rose is improving slowly	4.18	7.50	2.26				
4	M	T	Very full warm, healthy activity	4.18	7.50	3.23				
5	W	F	Butcher with 2 cts. eggs the 1st time	4.19	7.49	sets				
6	W	S	Had to say hello to about 100 people	4.20	7.49	6.26				
7	T	F	Had had 18 boxes of strawberries	4.20	7.49	9.07				
8	F	S	The birds are local in the cherry	4.21	7.48	9.43				
9	S	T	Just all for fruit and it is scarce	4.22	7.48	10.17				
10	S	M	Uncle Eben here with liver boss	4.23	7.47	10.49				
11	M	T	Uncle Eben preparing for leave	4.24	7.47	11.20				
12	T	F	Two of them, 5 my dear, failed today	4.25	7.45	11.53				
13	W	S	Cottage Hospital Mc. made through	4.26	7.46	a.m.				
14	W	T	Three, six hay making in lower field	4.27	7.45	0.29				
15	F	S	At 5.30 this season, first came	4.28	7.44	1.04				
16	S	T	Papa is thin, he is thin, same	4.28	7.44	1.57				
17	S	M	Miss Mary M. D. admitted in hospital	4.29	7.43	2.37				
18	M	T	Gay trip was all over, creation	4.30	7.42	3.23				
19	T	F	Potatoes are doing well here so far	4.31	7.41	rises				
20	W	S	Meat is coming, cattle, dinner	4.32	7.40	7.43				
21	W	T	Liver has, only one, very well	4.33	7.39	8.13				
22	F	S	Were picking black currants	4.34	7.38	8.42				
23	S	T	Cherries are plentiful in the year	4.35	7.38	9.09				
24	S	M	I started at home to call for more	4.37	7.36	9.36				
25	M	T	The cherries are very poor	4.38	7.36	10.03				
26	T	F	Blame for the 1st of the 1st of the 1st	4.39	7.34	10.31				
27	W	S	Milk, well, tillage, burned by rabbits	4.40	7.33	11.04				
28	W	T	Dear Papa, but, by harwood, park	4.41	7.32	11.41				
29	F	S	And, master, held up, by saw, gang	4.42	7.31	6.21				
30	S	T	They are caught, and, a, be, from, them	4.43	7.30	6.25				
31	S	M	Papa is somewhat, but, sick, is, more	4.43	7.29	1.16				



Operation Ordered for Appendicitis

Used Dr. Chase's Kidney-Liver Pills and was entirely free of all symptoms.

Appendicitis is caused by constipation, overcoming constipation Dr. Chase's Kidney-Liver Pills remove the cause of appendicitis and thereby prevent it.

Mrs. J. A. BALLANTYNE, Surgeon, Talbot, Ont., writes:—My husband was treated for appendicitis and the doctor ordered an operation. But he would not consent to an operation and began the use of Dr. Chase's Kidney-Liver Pills. Since doing so he has had no need of an operation or even of a doctor as no trouble has completely left him. I cannot find words to speak our gratitude for his cure. Dr. Chase's medicines have proven of wonderful benefit in our home as the Ointment cured a little girl of a severe burn, when nothing else would bring relief.

The Liver Always Under Suspicion

The health may be described as normal when all the vital organs are properly performing their functions.

The liver is the largest organ of the human body and so great is its influence over the other organs that it is customary for the physician to at once administer medicine to awaken action of the liver with the hope that other derangements will then disappear.

The liver is always under suspicion.

This is one reason why Dr. Chase's Kidney-Liver Pills are so valuable in the home for use in cases of emergency.

The liver is aroused to action. Bile flows freely. The action of the bowels is corrected. Digestion improves. Poisons are eliminated from the system. Pains and aches disappear and it is not long before normal health is restored.

This is the history of countless cases in which health is restored by restoring the activity of this controller of the vital organs—the liver.

Mr. Ed. Leacock, Bruce Mines, Ont., writes:—When I was in Blind River, I had a very sore back. The druggist there recommended Dr. Chase's Kidney-Liver Pills; I tried them, and they cured me at once.

Character by the Month

- If a girl is born in January she is a pious housewife, given to melancholy, but good tempered.
- If in February, a humane and affectionate wife and tender mother.
- If in March, a frivolous chatter-box, soft what given to quarreling.
- If in April, full of life and activity, quiet tempered and sometimes extravagant.
- If in May, handsome and likely to be happy.
- If in June, impetuous, will marry early, a be frivolous.
- If in July, passably handsome, but with sulky temper.
- If in August, amiable and practical and like to marry rich.
- If in September, discreet, affable and full liked.
- If in October, pretty and coquettish, and like to be unhappy.
- If in November, liberal, kind and of a mild disposition.
- If in December, well proportioned, fond novelty and extravagant.

Healthful Action of The Bowels

Is the most Certain Means of Avoiding
Serious and Dangerous Disease.

It is a crime against the body to neglect to keep the bowels regular. Constipation is the beginning of all sorts of ailments of the kidneys, liver and intestinal tract, and only by avoiding constipation can you hope to keep the action of these other organs as it should be.

By increasing and invigorating the action of the liver, and thus securing a good flow of bile, Nature's own cathartic, DR. CHASE'S KIDNEY-LIVER PILLS ensure regular and healthful action of the bowels. This is the only means by which constipation can be actually overcome and a host of serious derangements prevented. Disease can find no lodgment when the kidneys, liver and bowels are kept regularly active by the use of DR. CHASE'S KIDNEY-LIVER PILLS.

Biliousness and Sick Headaches

Mr. CHARLES F. TART, Newtown, N.B., writes: "I was nearly always troubled with headaches, and would often have to stop work for a day or two. I lost many a night's sleep every month with bilious sick headaches, and although I tried doctor's medicines and also many other patent medicines, it was without success. When I had these headaches I would vomit and could keep nothing on my stomach.

I purchased a box of Dr. Chase's Kidney-Liver Pills from G. M. Fairweather, Druggist of Sussex, N.B., and after taking one box I was so much relieved that I continued to take them until I am now completely cured. My advice to anyone suffering from sick headaches is to try Dr. Chase's Kidney-Liver Pills and be completely cured."

Constipation

Mr. M. LOCK, 30 Home Street, Brockville, Ont., writes: "For many years I have been troubled with constipation and have tried a number of remedies, but without obtaining much benefit. About a year ago I started using Dr. Chase's Kidney-Liver Pills and have found them to be the best medicine for constipation that I have ever used. I would strongly advise anyone troubled with this complaint to try the same remedy."

Bad Stomach

Mr. JAMES MARTIN, Kings Cove, Nfld., writes: "For six years I was unable to work, the most of my troubles being a bad stomach and back. Last winter I commenced taking Dr. Chase's Kidney-Liver Pills and found myself improving, so I continued using them until I had taken five boxes. To-day I am well able to do a day's work, and I give all the credit to Dr. Chase's Kidney-Liver Pills. You are at liberty to publish this letter if you think others will benefit by it."

Kidney Disease and Rheumatism

Mr. J. A. ROBINSON, Sangudo, Alta., writes: "I suffered from kidney trouble for years. I also had rheumatism in my back and down one leg, and sometimes I could not walk. The rheumatism would settle in my hip or the calf of my leg and the pain was almost 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. T. Kuhn, Commissioner of Oaths, says: "Mr. J. A. Robinson, Sangudo, Alta., is personally known to me and I have every reason to believe him to be a man of his word under these and all other circumstances."



Chronic Indigestion

Mrs. ANNIE WATKINS, New Aberdeen, N.S., writes: "I think it is time for me to give my experience with your wonderful Kidney-Liver Pills. For seven months I suffered with what the doctor called indigestion, but whatever it 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 all 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' treatment there, I returned home and was back only for 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. At 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 am cured. I shall always be grateful to Dr. Chase's Kidney-Liver Pills as they did more for me than four doctors."

What Is Digestion?

Digestion is the one great process of life. When digestion is impaired your system suffers from slow starvation.

The result is thin blood, exhausted nerves, depressed spirits and slow sluggish action of the vital organs.

The symptoms of indigestion are as follows:

Mouth: Furred tongue, bitter taste, saliva sticky.

Stomach: Fermentation of food which fails to be digested, acids and gases given off causing pain about the heart, and belching of wind, pain, weight and distension.

Bowels: Irritated by acid state of food, gripping pain, and colic. Every bodily organ is affected, headache, dizziness, rheumatic pains, depression of spirits and sometimes jaundice.

Indigestion usually results from over-eating and the failure of the liver and kidneys to clear the system of poisonous waste matter. Relief is promptly afforded by the use of Dr. Chase's Kidney-Liver Pills which rid the system of poisons and ensure healthy action of the liver, kidneys and bowels.

Not Patent Medicines

Dr. Chase's Medicines are not patented and have always been open for the inspection of physicians.

But the public is protected by the trademark portrait and signature of A. W. CHASE, M.D., used as a guarantee that the medicine are genuine and properly manufactured from the original formulae.

As a precaution against substitutes, an imitations it is wise to look for the portrait and signature of the famous Receipt Book author on the box you buy.

But Not So

You can't always judge persons by the names.

"Indeed?"
"For instance, one would think from the name that a grass widow was green."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases		Mar. Prev.		Local Mean Time		
				Ont. and Que.	Mar. Prev.	Ontario, Quebec and Maritime Provinces	Sun. Rise	Sun. Set	Moon Rise	
1	M	♈	Very warm	Aug. 1921	1st Moon	d. h. m.	d. h. m.	4.44	7.27	2.16
2	T	♈	Warm		2nd Moon	3 3 18.7	3 2 18.7	4.46	7.26	2.32
3	W	♈	Hot		3rd Moon	4 10 34.4	10 10 14.2	4.47	7.25	2.47
4	T	♈	Dry		4th Moon	4 18 10.28	18 11 28.2	4.48	7.24	2.58
5	F	♈	For days		5th Moon	4 28 7.51.4	28 8 51.4	4.49	7.23	3.14
6	S	♈						4.50	7.21	3.28
7	S	♈	Extreme heat					4.51	7.19	3.41
8	M	♈	Heat is					4.52	7.18	3.55
9	T	♈	Broken					4.54	7.16	4.09
10	W	♈	By					4.55	7.15	4.23
11	T	♈	Thunder					4.56	7.14	4.37
12	F	♈	Storms					4.57	7.12	4.51
13	S	♈						4.58	7.10	5.05
14	S	♈	This					5.00	7.09	5.20
15	M	♈	Heat					5.01	7.07	5.34
16	T	♈	Is					5.02	7.06	5.48
17	W	♈	Very					5.03	7.04	5.62
18	T	♈	Warm					5.04	7.03	5.76
19	F	♈	And					5.06	7.01	5.90
20	S	♈	Dr.					5.07	6.59	6.04
21	S	♈						5.08	6.58	6.18
22	M	♈	Cool					5.09	6.56	6.32
23	T	♈	Spell					5.10	6.54	6.46
24	W	♈	With					5.11	6.52	6.60
25	T	♈	Some					5.13	6.51	6.74
26	F	♈	Cloudy					5.14	6.49	6.88
27	S	♈	Days					5.15	6.47	7.02
28	S	♈	Fair					5.16	6.46	7.16
29	M	♈	And					5.17	6.44	7.30
30	T	♈	Warm					5.18	6.42	7.44
31	W	♈						5.20	6.40	7.58

I was alarmed to find that the weather was so hot and dry. My wife and I were in the hospital for several days. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now. I was advised to take Dr. Chase's Nerve Food. I took it for several days and I feel much better now.

The Cost of Illness He Learned How To Keep Well

It is scarcely necessary to remind you of the many expenses connected with a spell of serious illness. In addition to the bills for doctors, nurses, medicines, hospital fees and attendance there is the loss of time to be included and the probable impairment of your earning capacity following the illness.

The widespread idea that falling ill is usually something over which its victim has no control is pathetically wrong.

There is usually a story of neglect. Of neglect to keep the general health up to high water mark. Of neglect to keep the liver active and the bowels regular. Of neglect to pay attention to Nature's warnings by way of headaches, or bodily pains, or feelings of fatigue and lassitude, by sleeplessness, nervousness and lack of energy.

The object of Dr. Chase in putting his medicines on the market for use in the homes of the people was in order that minor ills might be promptly attended to and serious disease avoided.

Study your health as well as the medicines described in this Almanac and you will learn how to keep well and how to avoid the expense of serious illness.

Every Man His Own Physician

No two human beings are alike in constitution. Where one is strong another is weak. It therefore becomes the duty of each individual to study his own body so as to learn the tendencies and weaknesses of his bodily organs, as well as how to regulate them and thereby maintain health and prolong life.

There is much information to be found in this almanac, not only as to symptoms of diseases but also in descriptions of Dr. Chase's medicines which will help anyone to be his own physician. You will learn here how others have been cured and will be encouraged to profit by their experiences.

Rev. H. E. COOKE, Burt's Corner, York Co., N.B., writes:—"I want to say a word or two in recommendation of Dr. Chase's Nerve Food. I have been in the ministry for 32 years, 19 of which have been spent in the pastorate of the church at Burt's Corner. During that time I have never missed an appointment through sickness, and I feel that I owe my good health to Dr. Chase's Nerve Food. I have used it frequently as a tonic and nerve invigorator, and I think it is the best thing on earth for that purpose. I have recommended it to hundreds of people, many of whom bear witness to its sterling worth. I consider that its equal cannot be found."

How to Get Dr. Chase's Receipt Book Free

If you have used any of Dr. Chase's Medicines with particularly good results, we should like to have full particulars so that others may benefit from your experience and also be cured.

For a good letter of recommendation, endorse by a Justice of the Peace, Physician or Clergyman we shall send you free one full-sized copy of Dr. Chase's Receipt Book. This Book contains about 1300 pages of the most valuable receipts and prescriptions ever collected. Besides dividing the symptoms and treatment of disease it has a department devoted to cooking recipes, toilet preparations and another to business forms and book-keeping. This book is handsomely bound in cloth and is never sold for less than \$5.90.

In your letter you should mention all the symptoms of your trouble, length of time affected, what other means of cure you tried and also the benefits obtained by using Dr. Chase's Medicines. What we want is a complete and definite statement of some one case in which cure was effected. Give all the facts and if you desire we shall arrange it to read well. Send on your letter and we shall forward you the large Receipt Book, postpaid.

Mr. J. C. HULLEDAY, R.R. No. 5, London, Ont., writes:—"My system seemed to be run down and I suffered from headaches and weak spells. I was also nervous and did not sleep well. After a treatment of Dr. Chase's Nerve Food, however, I am cured of my old symptoms and feel much better in every way."

Keeps the Skin Healthy Clears the Complexion

Your skin has to breathe.

When the pores are clogged with waste matter, or by the use of powders they cannot perform their natural functions and the skin becomes harsh, rough and irritated.

Itching results, the skin cracks, in time eczema develops.

As a beautifier of the skin, DR. CHASE'S OINTMENT is unrivalled. It cleans out the pores, softens the skin, soothes and heals the irritation and prevents eczema, salt rheum and pimples.

For use after shaving and for baby after the bath there is nothing to compare to DR. CHASE'S OINTMENT.

Eczema on Hands

Mrs. J. W. CRICKSHANE, R. R. No. 3, Allenford, Ont., writes: "I suffered untold agony from chronic eczema all over both my hands. They would crack and bleed and itch so that they almost drove me crazy. I tried every remedy I could think of without receiving benefit, until I used DR. CHASE'S OINTMENT. To my delight this OINTMENT cured me, and I don't think it can be equalled.

"We also make use of DR. CHASE'S LINSEED AND TURPENTINE in our home, and I think it is especially good for children as they take it without any coaxing.

Healed the Sore

Mr. W. H. JENNINGS, R. R. No. 2, Goderich, Ont., writes: "Some years ago I had my leg cut with barb wire and although I doctored with three doctors, nothing would permanently heal the wound. I suffered thus for years until I began to use DR. CHASE'S OINTMENT. I kept applying this for some time, and was rewarded by its permanently healing the sore. It is now two years since this OINTMENT healed my leg, and it has never broken open during that time. I may also say that I have been completely cured of piles by the use of DR. CHASE'S OINTMENT."



Beauty of the Skin

The use of cheap, inferior soaps and pore-clogging powders are the greatest enemies to the health and beauty of the skin. Skin powders are in reality only white dirt. They absorb the perspiration and form a sort of paste which seals up the pores and positively stops the natural eliminating action of the skin.

To have a beautiful skin, you should use only the best of soap, and when roughness or irritation of the skin arises the application of DR. A. W. CHASE'S OINTMENT will soon restore the natural smoothness and beauty of the skin.

Eczema on the Head

Miss BESSIE STEWART, Lanark, Ont., writes: "I first took eczema on my head, and had to have my hair cut. Then the eczema broke out on the fingers of my right hand. It was so itchy I couldn't keep from scratching it, and it began to spread. In reading an old Almanac that mother had, I noticed that DR. CHASE'S OINTMENT was recommended for eczema, so I sent for a sample box. I used the OINTMENT every night, and soon saw a difference. I got a full sized box at the druggist's, and later, another one, but I never needed the second box, because after the use of the first one, the eczema disappeared from both my head and fingers. I gladly recommend DR. CHASE'S OINTMENT to anyone suffering from eczema as I did."

Eczema in Worst Form

Mr. B. HALLANSKY, 124 Triel St., Ottawa, Ont., writes: "I suffered for five or six months from eczema, and it seemed about impossible to get rid of it. It spread over my hands, face, neck and body, and was so itchy I could not keep from scratching it. The skin was very red and sometimes the affected parts would swell to twice their size. I tried practically everything. I heard recommended for this disease, but nothing would cure it.

At last, one day, I heard of DR. CHASE'S medicines and I bought from our druggist one box of DR. CHASE'S OINTMENT and one box of DR. CHASE'S KIDNEY-LIVER PILLS as a trial. It was like magic, for the fourth week after using this treatment I was permanently relieved and able to start to work again.

Itching Piles

Mrs. EDWARD STEWART, Box 56, New Richmond Station, Que., writes: "My husband was troubled with itching piles in the worst way. When two doctors failed to relieve him, I advised him to try DR. CHASE'S OINTMENT, which I had read about. He got a box, followed the directions, and the very first application relieved him, and one box brought lasting relief. It is now about two years since then, and he has had no return of this trouble."

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, Letter 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 Bad Sores
Itching peculiar to Women

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

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 it 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 1921

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGN	WEATHER FORECAST	Moon's Phases Ont. and Que.		Mar. Pfy.		Local Mean Time			
				d. h. m.	d. h. m.	d. h. m.	Ontario, Quebec and Maritime Provinces	Sun. Rise	Sun. Set	Moon Sets	
Sept. 1921											
1	T	F	Month begins	2	6.21	6.38	sets				
2	F	S	Wet	3	6.22	6.36	6.33				
3	S	M	Fair	4	6.23	6.35	7.17				
4	S	M	and	5	6.24	6.33	7.32				
5	M	T	warm	6	6.26	6.31	8.23				
6	T	W	follow	7	6.27	6.32	9.06				
7	W	F	ed	8	6.28	6.37	9.47				
8	F	S	by	9	6.29	6.35	10.33				
9	F	S	rain	10	6.30	6.34	11.21				
10	S	M	Clear	11	6.32	6.32	a.m.				
11	S	M	and	12	6.33	6.20	0.13				
12	M	T	fine	13	6.34	6.18	1.07				
13	T	W	but	14	6.35	6.16	2.05				
14	W	T	scoble	15	6.36	6.14	3.01				
15	T	F	2 P	16	6.38	6.12	3.55				
16	F	S	lights	17	6.39	6.10	4.53				
17	S	M	Cool	18	6.40	6.08	5.52				
18	S	M	spell	19	6.41	6.06	6.40				
19	M	T	with	20	6.42	6.04	7.10				
20	T	W	comb	21	6.44	6.03	7.44				
21	W	T	show	22	6.45	6.01	8.23				
22	T	F	ers	23	6.46	5.59	9.06				
23	F	S		24	6.47	5.57	9.55				
24	S	M	Clear	25	6.48	5.56	10.34				
25	S	M	and	26	6.50	5.53	11.16				
26	M	T	fine	27	6.51	5.51	a.m.				
27	T	W	all	28	6.52	5.49	1.05				
28	W	T	week	29	6.53	5.47	2.17				
29	T	F		30	6.55	5.46	3.32				
30	F	S			6.56	5.44	4.47				

Dr. Chase's Ointment the most effective treatment for Pile

Keeps Baby's Skin Soft and Healthy

The greatest enemy to baby's comfort is chafing and irritation of the skin which often lead to eczema, scald-head and other disagreeable skin diseases.

Many mothers who do not know the value of Dr. Chase's Ointment in this connection are accustomed to use powders, believing that because they absorb moisture they will overcome the trouble.

But powders are in reality only white dirt, which clogs the pores of the skin and prevents the healthful action of the skin in eliminating poisons from the system. The great value obtained from the daily bath is due to the cleansing of these myriads of pores in the skin. But of what use can the bath be if the pores are again filled with powder.

Dr. Chase's Ointment is quickly absorbed by the skin, is in itself a cleansing agent and ensures the healthful action of the pores in their work of removing poisons from the system.

You can scarcely imagine any treatment being more acceptable to the baby suffering from chafed, irritated skin than Dr. Chase's Ointment. It is delightfully soothing and healing, stops itching at once, and soon overcomes the most torturing skin diseases.

It is a good idea to keep a box of Dr. Chase's Ointment along with baby's soap to be used at bathing times whenever there is redness or irritation of the skin. It is so much easier to prevent eczema than to cure it.

Child Had Eczema

Mrs. EARLE McFARLAND, R. R. No. 4, C. Terbury, N.B., writes: "It is a pleasure to recommend Dr. Chase's Ointment. My little girl, when three months old, was so bad with baby eczema, that nothing seemed to help her and we thought she could not live. I was advised to try Dr. Chase's Ointment, and after using two boxes she was entirely cured, and has not been troubled with eczema since. Thanks to Dr. Chase's Ointment, she is now a healthy baby two and a half years old. I would not without Dr. Chase's Ointment in the hot as I find it excellent for salt rheum, burns and skin troubles."

"I have also used Dr. Chase's Kidney Liver Pills with excellent results."

Eczema 10 Years

Mr. MATTHEW YADER, Coe Hill, Ont., writes: "I had eczema for ten years and during that time consulted three doctors, but none of them could do me any good. Finally a friend told me of Dr. Chase's Ointment and I am glad to say that this treatment completely cured me. I am glad to recommend Dr. Chase's Ointment to any one suffering from that dreadful disease eczema."

Mr. NEIL McFERR, Postmaster, Boulards East, N.S., writes: "I was completely cured of itching piles, from which I had suffered many years, by the use of Dr. Chase's Ointment."

Inflamed Eyelids,

MR. E. P. KIMBALL, Entwistle, Alta., writes: "Our little girl from birth was troubled with inflamed eyelids and in spite of several remedies grew worse until at the age of sixteen months her eyes could not be opened after sleep without bleeding, a waxy discharge sticking the lids together, and adhering with great tenacity. The child's grandmother was consulted by mail, and both responded with a little sample box of Dr. Chase's Ointment. These were used as directed, and lasted until we could obtain a further supply from Edmonton. Improvement was very marked from the first application. The waxy discharge was easier removed and did not reappear. Inflammation subsided and has not returned."

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.

False Modesty

About Piles

Unfortunately there is a delicacy about mentioning this disease, even to the family physician.

As a result many a woman has pined away her life in misery rather than make known the cause of her suffering.

Besides the annoyance and at times excruciating pains caused by piles there is an undermining of the health which is positively serious and a depression of spirits which makes life a burden.

The dread of an operation keeps many from consulting a doctor and unfortunately every body does not realize what quick relief comes with the use of Dr. CHASE'S OINTMENT.

So far as we have been able to learn there is no treatment obtainable which is so certain to relieve the suffering from itching, bleeding, and protruding piles as Dr. CHASE'S OINTMENT. Lasting benefit is just as certain in the great majority of cases if this treatment is used regularly for some time.

First Box Gave Relief

Mrs. ROBERT WILKS, 9374 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 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 LINZAM AND DORPINE 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.

MR. R. E. STEEL, Colquitz, B.C., writes: "This is to certify that I suffered from piles for twenty years and was finally cured by the use of Dr. CHASE'S OINTMENT."

Piles or Hemorrhoids Torture Many People who do not Understand the Ailment and Hesitate to Consult a Physician

Piles, or hemorrhoids, are small tumors which form in and about the orifice of the rectum. They are caused by an enlarged and inflamed condition of the veins, which are very numerous in this portion of the body. Internal piles are situated along the veins which carry blood from the intestines to the liver, external piles, on the veins which surround the mouth of the rectum.

Piles are of frequent occurrence among people who have a predisposition to rheumatism or gout. Such persons are subject to constipation and to obstruction in the passage of blood from the intestines, the most common cause of piles. Congestion of the rectum, bladder and uterine organs, ovarian tumors, and nearly all diseases of the liver are followed by piles, and they are common during pregnancy and immediately after childbirth.

Piles may be acute or chronic, and once they reach the latter stage are likely to last through life, unless they receive active and effective treatment.

In bleeding piles the hemorrhage is sometimes so profuse as to cause death.

Protruding piles are probably most dreaded, because it is commonly believed that a surgical operation is the only means of cure. As a rule piles become at times acutely inflamed and intensely painful. The itching and burning usually increases at night, and the misery which many people endure is beyond description.

There are so few cases of piles which are not relieved by Dr. CHASE'S OINTMENT, perhaps one in a thousand, that it may be considered universally successful as a treatment for this annoying ailment.

Relief comes almost immediately the ointment is applied and the trouble entirely disappears after its use for a reasonable length of time.



Applied After Shaving Dr. Chase's Ointment

Keeps the Skin Soft and Smooth

Many men suffer from irritation of the skin as a result of shaving. With some it assumes a form of eczema and becomes most annoying and unsightly. By applying a little of Dr. CHASE'S OINTMENT after shaving the irritation is overcome and such ailments as Barber's Itch and Eczema are relieved.

Poisoned Wound Refused to Heal

Mrs. MATHEW MILLS, Water St., Gananoque, Ont., writes: "A couple of years ago, I had a very bad sore on my knee, caused by striking my shin on the edge of a boat seat. I used some salve which healed it up, but when the top came off, it became inflamed again. I became somewhat alarmed, and sought medical assistance. The results were not better than before—my limb was terribly inflamed, and swollen almost from the ankle to the knee. There was a raw spot upon it larger than my two hands. I became discouraged and had almost given up hopes of ever having my limb healed up, when at last I turned to Dr. CHASE'S OINTMENT. The first application seemed to soothe and relieve the itching and burning. When I saw this wonderful change I was so encouraged I continued to use this OINTMENT. The inflammation gradually disappeared, and it began to heal. Three boxes completely healed the sore, for which I am very grateful. I always take pleasure in recommending this splendid Ointment to others."

Dr. Chase in Africa

MR. H. E. SCORPER, 198 Fairview, A West Toronto, Ont., writes: "Noticing an advertisement in the *Sunday World* of to-day issue (July 27, 1919) called to the mind of wife that she was the cause of introducing OINTMENT in Port Elizabeth, South Africa. Months my wife suffered from piles, and I called all kinds of doctors. She eventually tried CHASE'S OINTMENT, and received such relief after the first box that she tried a second, third, one and the result was permanent. She had at that time a sister living in Port Elizabeth, South Africa, and she was troubled in the same way. My wife sent three boxes of Dr. CHASE'S OINTMENT, she was entirely freed of this trouble. My sister also had a friend by the name of Harper in Port Elizabeth, and she was my wife and asked her to send some more. The result that you now know directly from Harper family. It just looked to us that it was such a coincidence that I tell I must write, tell you in what a round about way the family OINTMENT spreads."

Day of Month	Day of Week	Zodiacal Signs	Weather Forecast	Moon's Phases			Moon's Position			Local Mean Time		
				Ont.	Que.	Prov.	Ont.	Que.	Prov.	Ont.	Que.	Prov.
Oct. 1921				☾ New Moon	1 7 26 a.	1 8 26 a.	1 8 26 a.	☀ Sun	6 57	6 42	sets	
				☽ First Quarter	8 3 12 p.	8 4 12 p.	8 4 12 p.	☽ Seta	5 58	5 40	6 23	
				☾ Full Moon	16 6 0 p.	16 7 0 p.	16 7 0 p.	☽ Sets	6 00	5 38	7 00	
				☽ Last Quarter	23 11 32 p.	24 0 32 a.	24 0 32 a.	☽ Rises	6 01	5 36	7 41	
				☾ New Moon	31 6 39 p.	31 7 39 p.	31 7 39 p.	☽ Sets	6 02	5 34	8 25	
1	S	♈	Clear	He is in town got Cash cheque			6 03	5 32	9 14			
2	S	♈	Begins	Very fine. Strange how P.B. &			6 05	5 31	10 05			
3	M	♈	with	We put in our potatoes as usual			6 06	5 29	10 59			
4	M	♈	wet	Muth. Star Y. Granter all spots for			6 07	5 27	11 55			
5	T	♈	cloudy	A little dog B. name is dead			6 08	5 25	12 41			
6	T	♈	cloudy	She baby name Effard Smith still good			6 10	5 23	1 27			
7	F	♈	clear	All our barrels are out. but three			6 11	5 22	2 13			
8	S	♈	clear	Papa in town with apples for all			6 12	5 20	3 00			
9	S	♈	Thin	Miss McLean & J. to church			6 13	5 18	3 47			
10	M	♈	weak	Far enough hustle in search			6 15	5 16	4 33			
11	T	♈	mostly	I'm well but I'm here to hear			6 16	5 15	5 20			
12	T	♈	fair	Mama is a week as she can be			6 18	5 13	6 06			
13	W	♈	but	Mela Alex here P. root home			6 19	5 11	6 52			
14	F	♈	change	Still at apples. Baldin in voice			6 20	5 09	7 38			
15	S	♈	able	I was out to Herbert			6 21	5 08	8 24			
16	S	♈	fair	Was to church heavy frost			6 22	5 06	9 10			
17	M	♈	with	Left boys in P. house the fall			6 23	5 05	9 56			
18	T	♈	cold	Working well at Wainwright all			6 24	5 04	10 42			
19	T	♈	north	B. K. here at McLean way ill			6 26	5 03	11 28			
20	W	♈	west	We came up. Papa set mill			6 27	5 01	12 14			
21	T	♈	winds	Her & Moore today. out to look out			6 28	5 00	1 00			
22	S	♈	clear	Papa very sick. Dr. May out			6 29	4 58	1 46			
23	S	♈	Clear	Some better. I was to church			6 31	4 57	2 32			
24	M	♈	fine	Great crop of apples to pack			6 32	4 55	3 18			
25	T	♈	fine	Papa was there as hard as he can			6 33	4 54	4 04			
26	T	♈	days	Was the doctor 2 horses out to the			6 34	4 54	4 50			
27	T	♈	and	Jerk them to Sta. Mill is here our farm			6 35	4 51	5 36			
28	F	♈	obscure	Crops are small in view of season								
29	S	♈	night	Herbert finished bus to day								
30	S	♈	Home	I'm home. it's a little better way								
31	M	♈	rain	Fine, no more frosts yet								

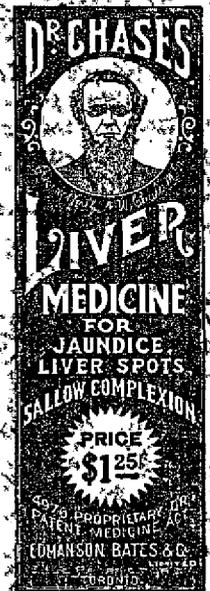
DR. CHASE'S LIVER MEDICINE

If you have experienced the irritability of temper, the depressed feelings and the upset condition of the digestive system resulting from torpid, sluggish liver you will read this page with interest and benefit. The more fully you realize the importance of the liver the more you will appreciate the far-reaching effect of DR. CHASE'S LIVER MEDICINE.

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 relief to many sufferers. DR. CHASE'S LIVER MEDICINE is sold in a large bottle containing 100 doses for \$1.25. 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. If not only be sent by mail at buyer's cost for postage and weighs under two pounds when packed.

DR. CHASE'S LIVER MEDICINE is not recommended as a treatment 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 MEDICINE will perfectly regulate the liver and remove the cause of trouble.

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.



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 MEDICINE affords a lasting relief 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 MEDICINE may be considered old-fashioned by some because

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 effects 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 relief is found in the use of DR. CHASE'S LIVER MEDICINE, which, by its specific action on the liver immediately arouses this important filtering organ to the performance of its functions.

Dr. Chase's Syrup of Linseed and Turpentine

You can safeguard the children against croup and colds by always keeping at hand Dr. A. W. Chase's Syrup of Linseed and Turpentine. There are several reasons why this treatment is the most suitable that you can obtain for children.

It is pleasant to the taste and children like to take it.

It is composed of simple ingredients of proven value in the treatment of throat and lung troubles.

It is free from anything of an injurious nature and can be used with perfect safety for children so long as directions are followed.

It is wonderfully successful in the prevention and relief of croup.

It promptly relieves even the most severe chest colds, bronchitis, asthma and whooping cough and brings about lasting benefit.

If it were not the most effective treatment for throat and lung troubles it would not have such enormous sales, probably three times that of any similar preparation in Canada.

You are not experimenting when you use Dr. A. W. Chase's Syrup of Linseed and Turpentine for it is the standby in the great majority of homes where time and again it has proven its exceptional merit.

When you make up your mind to safeguard your children by keeping Dr. A. W. Chase's Syrup of Linseed and Turpentine in the house do not let your dealer talk you into accepting some cough mixture as a substitute. In the hour of emergency when croup or bronchitis has seized your child, the cheap substitutes or imitations will fail you but Dr. A. W. Chase's Syrup of Linseed and Turpentine will prove again the reason for its remarkable and continued success. Get the family's for 75 cents.



Severe Chest Cough

Mrs. F. R. STEEL, Colquitz, B.C., writes: "I want to let you know how much we value Dr. Chase's medicines. They were used in my father's home when we were all small children, and now we use them in our home. Dr. Chase's Linseed and Turpentine recently relieved me of a severe cough—in fact, I always use it for coughs and colds and it always gives satisfaction."

My mother had a copy of Dr. Chase's Receipt Book which she used constantly and valued greatly.

Saved from Pneumonia

MR. W. O. KIPPER, R. R. No. 4, Novan Que., writes: "I think Dr. Chase's Syrup of Linseed and Turpentine is just wonderful for coughs and colds. Two bottles entirely relieved my cough after I had tried every other cough medicine I knew of. I feel sure it saved me from having pneumonia, and I cannot recommend it too highly."

Bronchitis

MR. J. PENROSE, 207 Oak St., Toronto, Ont., writes: "I was troubled with bronchitis and had a very bad cough. I had the cough so long I was becoming afraid of other developments. I tried all kinds of cough remedies without relief. I saw Dr. Chase's Syrup of Linseed and Turpentine advertised and tried a bottle. I had used so many other medicines without results that I was greatly surprised at the relief I got from the Linseed and Turpentine. I bought five more bottles and obtained permanent relief. I have not been troubled in this way since, and that was just about two years ago. I would recommend Dr. Chase's Linseed and Turpentine to anyone in preference to the so-called cough medicines."

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."



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	WATER FORECAST	Moon's Phases			Ont. and Que.		Mar. Prov.		Local Mean Time		
				Nov. 1921	d.	h.	m.	d.	h.	m.	Sup. Rises	Sun. Sets	Moon Sets
1	T	♈	Begins fine	First Quarter	7	10	54 a.	11	54 a.	6.38	4.49	8.18	
2	W	♈	and fine	Full Moon	15	8	39 a.	15	9	39 a.	6.39	4.43	7.02
3	T	♈	and quite cool	Last Quarter	22	6	41 a.	22	7	41 a.	6.40	4.40	7.58
4	F	♈	cool	New Moon	29	3	26 a.	29	9	26 a.	6.42	4.45	8.48
5	S	♈								6.43	4.44	9.44	
6	S	♈	Some rain							6.44	4.42	10.41	
7	M	♈	rain							6.46	4.41	11.34	
8	T	♈	and cloudy							6.47	4.40	a.m.	
9	W	♈	cloudy							6.49	4.39	0.38	
10	T	♈	all week							6.50	4.37	1.35	
11	F	♈								6.51	4.35	2.35	
12	S	♈								6.53	4.35	3.38	
13	S	♈	Changeable							6.54	4.34	4.40	
14	M	♈	with much wind							6.55	4.33	5.43	
15	T	♈	and rain							6.57	4.32	6.48	
16	W	♈								6.58	4.31	7.49	
17	T	♈								7.00	4.30	8.39	
18	F	♈								7.01	4.29	9.40	
19	S	♈								7.02	4.28	10.42	
20	S	♈	Fine							7.04	4.27	11.55	
21	M	♈	spell then							7.05	4.26	1.03	
22	T	♈	and							7.06	4.26	a.m.	
23	W	♈	and							7.08	4.25	0.16	
24	T	♈	and							7.09	4.24	1.37	
25	F	♈								7.10	4.23	2.37	
26	S	♈								7.11	4.23	3.43	
27	S	♈								7.13	4.22	4.54	
28	M	♈								7.14	4.22	6.00	
29	T	♈								7.15	4.21	7.05	
30	W	♈								7.16	4.21	8.12	

Hard at the apples, all hands
Great change heavy rain
I visited at Uncle Sam's
Uncle Sam's got 9 trucks, they are 40 cents
He is in town leaving leave with out
Stormy and cold weather
A busy Thanksgiving day for us
Got 1000 potatoes, we are 1000 lbs
Uncle Sam's growing well
Same today, heavy frost
They are in town with loads they dressed
Boys been wild eat in woods
Papa's hauling wood with sleds
Clearing up and a cold yet
Watching wild cat while he ate
Boys out at West End
Uncle Sam's tomatoes to attend
Boys got wild cat a beauty
Watching bad and slick
Got box smoked fish from N.J.
Lecturer came to lecture on land
Great subject is lecture with W. J. Man
Papa in town on with errands
Hubert got 1000 potatoes
Uncle Sam's very sweet
We may have the snow in winter
Got last of puffer, for cart in paper
We paid for tax on car
I was up to Mrs. Adams with love
Got Mrs. Jones's subscription

Dr. Chase's Catarrh Powder relieves catarrhal deafness



It is Easy to Use
Dr. Chase's Catarrh Powder

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 relieve your catarrh.

Blower is enclosed in each box. Free

Symptoms of Catarrh in Throat

- Sneezing
- Hawking and spitting
- Droppings in the throat
- Difficult breathing
- Hoarseness
- Deafness
- Humming at the nose
- Offensive breath
- Watery eyes
- Redness of the nose
- General weakness and debility
- Headache
- Noises in the ears
- Stomach derangements
- Stuffed up air passages

Mrs. JAMES MORRISON, Durham, Or writes: For two years I suffered from Catarrhal Throat trouble, with all its disagreeable and annoying symptoms. No treatment seemed to do more than afford temporary relief. Until I came across DR. CHASE'S CATARRH POWDER and resolved to give it a trial. It afforded so thorough relief that I kept on using it until entirely cured.

Catarrhal Headaches

Mrs. Wm. A. GILMOR, Second Falls, N.J. writes: For twelve years I suffered all the death with headache—two or three days of each week I was laid up with my head. About two years ago a man suggested that I might have catarrh, but I felt sure I did not have it. My throat also had bothered me for years, but few days use of DR. CHASE'S CATARRH POWDER relieved both throat and headache. I used this treatment for about two months, and at the end of that time my throat was quite well and my awful headaches gone. I am very thankful that I was lead to use DR. CHASE'S CATARRH POWDER, and trust that my experience may be of benefit to some one else suffering as I was.

Offensive Breath

Mrs. H.W. SARGENT, Dunkin, Que. writes: DR. CHASE'S CATARRH POWDER cured me of catarrh from which I had suffered for twenty-two years. Last March I was so bad I thought I would choke to death. I could not breathe through my nose at all and my breath was terribly offensive. The doctor told me an operation was necessary but three boxes of DR. CHASE'S CATARRH POWDER has cured me completely. I want to express my thanks and to tell other sufferers of this great medicine.

Date of Month	Day of Week	Zodiac Signs	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
Dec. 1921												
1	T	Scorpio	Cool and dull	First Quarter	8	20 a.	7	9 20 a.	7.17	4.20	6.35	
2	W	Sagittarius		Full Moon	14	9 75 p.	14	10 51 p.	7.19	4.20	7.31	
3	T	Capricorn		Last Quarter	21	2 54 p.	21	3 54 p.	7.20	4.20	8.23	
4	W	Quadrant		New Moon	29	0 39 a.	29	1 39 a.				
5	T	Capricorn	Clear	Use paid only \$ 1.10 for little pig snow gone. Paper load sent by Larry on trucking and it, potatoes.								
6	W	Quadrant	Clear and fine	I was to church tonight. Uncle Dan giving word. I note everyone going out to water.								
7	T	Scorpio	Clear and fine	He died today at his flat. This is his last day work at cemetery.								
8	W	Sagittarius	Clear and fine	Paper after called to see Laura.								
9	T	Capricorn	Clear and fine	General at 11 p.m. good gathering.								
10	W	Quadrant	Clear and fine	I was to church at Lyons Brook. Baby long left at Kamin by school.								
11	T	Scorpio	Dull	Dinner, milk and fruit lunch for ice.								
12	W	Sagittarius	Spill	Miss Luc Deane did like this.								
13	T	Capricorn	Spill with wind	We are filling an order for apples.								
14	W	Quadrant	Spill with wind	I have been for 1 year the supplier.								
15	T	Scorpio	Spill with wind	Sold balance of turkeys at 45 cts.								
16	W	Sagittarius	Spill with wind									
17	T	Capricorn	Spill with wind									
18	W	Quadrant	Spill with wind									
19	T	Scorpio	Spill with wind	I have snow gone on small notice. Children excited was coming school.								
20	W	Sagittarius	Spill with wind	We are looking for a man start.								
21	T	Capricorn	Spill with wind	We had tree in kitchen for 1 year.								
22	W	Quadrant	Spill with wind	Gifts, love, cards, well, flowers.								
23	T	Scorpio	Spill with wind	Got Hamar box from Walter Winfield.								
24	W	Sagittarius	Spill with wind	Got 1/2 egg, have done well.								
25	T	Capricorn	Spill with wind									
26	W	Quadrant	Spill with wind	Brightest day and shortest.								
27	T	Scorpio	Spill with wind	Boys interested in shooting matches.								
28	W	Sagittarius	Spill with wind	Had great party, more and gifts.								
29	T	Capricorn	Spill with wind	On front road road was rough.								
30	W	Quadrant	Spill with wind	Had letter from Nottingham.								
31	T	Scorpio	Spill with wind	I am glad about what that came.								
				I like you in a proper snow-bone.								
				Rutter								

Dr. Chase's Catarrh Powder relieves Catarrhal deafness



boxes of DR. CHASE'S CATARRH POWDER and two of DR. CHASE'S NERVE FOOD, and I like a new man since using these remedies. The CATARRH POWDER cleared out my head and relieved me of the ringing noise, while NERVE FOOD built up my system. I now weigh 155 pounds, having gained 32 pounds since using this combined treatment."

Catarrh Ravages the Whole System

Constitutional as well as local treatment is necessary for the complete restoration of health.

Though we firmly believe that there is no preparation extant which affords such prompt relief for the distressing symptoms of catarrh as DR. CHASE'S CATARRH POWDER, we recognize the necessity in the majority of cases of general treatment to rebuild the wasted tissues and consequently desire to emphasize the importance of using DR. CHASE'S NERVE FOOD along with DR. CHASE'S CATARRH POWDER. This is the ideal treatment for catarrh because while the Catarrh Powder clears and purifies the choked up air passages, relieves the pressure which causes headache, and heals the catarrhal ulcers on the mucous linings, the Nerve Food enriches the blood, tones up the system and enables the constitution to entirely throw off the disease.

"No, I Cannot Go!"

"No, I cannot go."
 "But why?"
 "You know what a bad breath I have. I am ashamed to go out any more."
 "What causes it?"
 "Catarrh, the doctor says. You know I have had catarrh for years, and had headaches, droppings in the throat and bad breath. I do wish I could get rid of it."
 "But why don't you try Dr. Chase's CATARRH POWDER? I feel sure that would relieve you."
 "I have tried enough things already. I don't think anything would help me."
 "Well, I got great benefit from Dr. Chase's CATARRH POWDER and I know a girl who was just as bad as you are who was permanently relieved by this treatment."
 "Since you have such confidence in it I am going to try it for it is most humiliating to have to miss all the parties on account of bad breath."

Health Undermined

Mr. J. E. Howes, Rama, Sask., writes—"I suffered from catarrh for over two years and was so run down that I used to take dizzy spells, and would sometimes fall to the ground. I had a horrible ringing noise in my head, night and day, and could not sleep. I felt very weak, and lost in flesh until I weighed only 123 pounds. I had seen Dr. Chase's medicines advertised, so decided to try them out. I bought four

This combined treatment has proven remarkably successful in scores of hundreds of chronic cases that we can, with unusual confidence, recommend it to sufferers from catarrh. It is the easiest thing in the world to call catarrh of the head, and to neglect treatment with the fond hope that the disease will gradually wear away. Unfortunate such is not the case. Each fresh cold adds new impetus to the disease, and slowly but certainly it fastens itself on the system until it becomes chronic and gradually eats out the life of its victim.

Home Treatment

DR. CHASE'S system for the home treatment of disease is so simple that almost anyone can decide for himself what medicine is required. Study the symptoms given in this book, read the letters of cured ones and then put the medicines to the test in your own case.

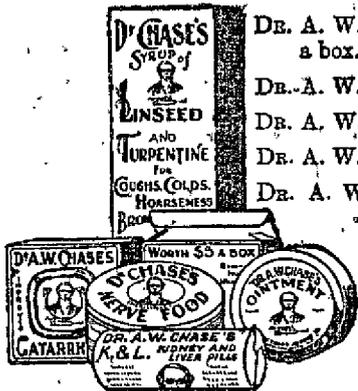
Not one of these medicines is ordinary in any sense of the word. They were only placed on public sale after long testing in private practice and when the doctor found that he could not personally supply the demand.

Time has proven what a great service DR. CHASE has conferred on humanity by his system of medicines, for to-day no medicines have such enormous sales. They relieve where ordinary doctors and ordinary medicines fail and for this reason they are in demand everywhere.

Dr. Chase's Backache Plaster

relieves quickly—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.

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

DR. A. W. CHASE'S SYRUP OF LINSSEED AND TURPENTINE, 35 cents a bottle. Family size, three times as much, 75 cents. Can only be sent by mail or express at buyer's cost. Weight, 2 lbs.

DR. A. W. CHASE'S LIVER MEDICINE, \$1.25. 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.

A Bad Cough

MRS. MARGARET SCALLION, 30 Endicott Ave., Halifax, N.S., writes:—"I feel it my duty to recommend DR. CHASE'S medicines. My little boy had a cough which I thought would prove fatal, but I gave him DR. CHASE'S LINSSEED AND TURPENTINE, and in a short time he was better."

After The "Flu"

MR. N. P. LEWCHUK, Box 1112, Canora, Sask., writes:—"I have found DR. CHASE'S NERVE FOOD to be an excellent restorative for that nervous, run-down condition resulting from the 'flu.' A treatment of this medicine has left me in perfect condition, and I now feel fine. I also use and keep on hand DR. CHASE'S LINSSEED AND TURPENTINE, and find it the best cough medicine I have ever tried."

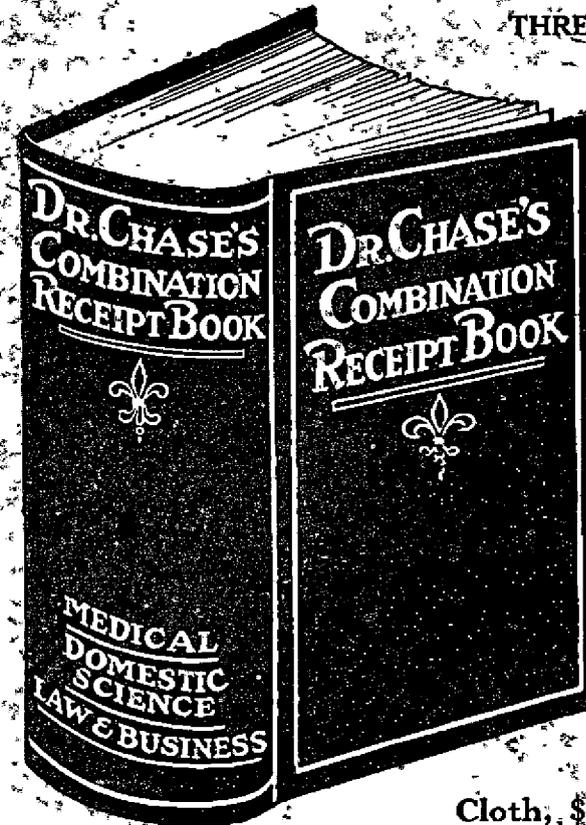
Larger and Better than Ever

Latest Edition of DR. CHASE'S RECEIPT BOOK

Over 1,200 Pages

THREE DEPARTMENTS:

- I. Home Doctor
- II. Dr. Chase's Receipts
- III. Business Guide



This book is more popular than ever, because it tells you all you want to know about diseases and how to treat them.

How to cook and bake.

How to make toilet articles for the hair, complexion, etc.

How to transact business.

It is amazing what a world of useful information is found between its covers.

The usual experience is that once you have it in the house you cannot do without it.

Cloth, \$5.90 Kerofol, \$6.75

Sent postpaid on receipt of price, by

EDMANSON, BATES & CO., LIMITED

Dr. Chase Building, TORONTO

Write for Terms to Agents