

*Respectfully
A. W. Chase, M.D.*

To protect you against imitations the portrait and signature of A. W. Chase, M.D., are on every Box of his medicines.

Dr. Chase's Medicines

DR. CHASE'S NERVE FOOD for Sleeplessness, Headache, Irritability, Anæmia, Weak Blood and Exhaustion of the Nervous System, 60 cents a box.

DR. CHASE'S KIDNEY-LIVER PILLS for Constipation, Indigestion, Biliousness, Liver Complaint, Backache, Rheumatism, and Kidney Disorders, 35 cents a box.

DR. CHASE'S OINTMENT for Eczema, Chafing, Hemorrhoids and all Irritations of the Skin, 60 cents a box or tube; family size, \$2.00.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for Coughs, Colds, Croup, Bronchitis, etc., 35 cents and 75 cents.

DR. CHASE'S CATARRH POWDER for Cold in the Head, Catarrh and Hay Fever, 35 cents a box.

DR. CHASE'S LIVER MEDICINE for Liver Disorders and Jaundice, \$1.25 a bottle.

DR. CHASE'S LINIMENT for Rheumatism, Lumbago, Backache, etc., 50 cents a bottle.

DR. CHASE'S EVERY-DAY MOUTH WASH, an antiseptic for throat and gurgles, 50 cents a bottle.

AT ALL DRUGGISTS

The DR. A. W. CHASE MEDICINE CO., Limited

Dr. Chase Building, Toronto, Ont.

How To Order By Mail

When you cannot procure
Dr. Chase's Medicines from your dealer

Dr. Chase's medicines are so thoroughly well known in every district of Canada and other countries, that nearly every dealer in medicines keeps them in stock. If you cannot get them from your dealer or live at a distance from town, write direct to these offices, enclosing payment for the medicines you want and they will be forwarded postpaid to your address, with the exception of Dr. Chase's Linseed and Turpentine, Liniment, Liver Medicine, Mouth Wash, on which postage will be charged. Always send money by postal note, money order or registered letter and we will guarantee that the medicines ordered will reach you.

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 relieved 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. They relieve where ordinary medicines fail and are in demand everywhere.

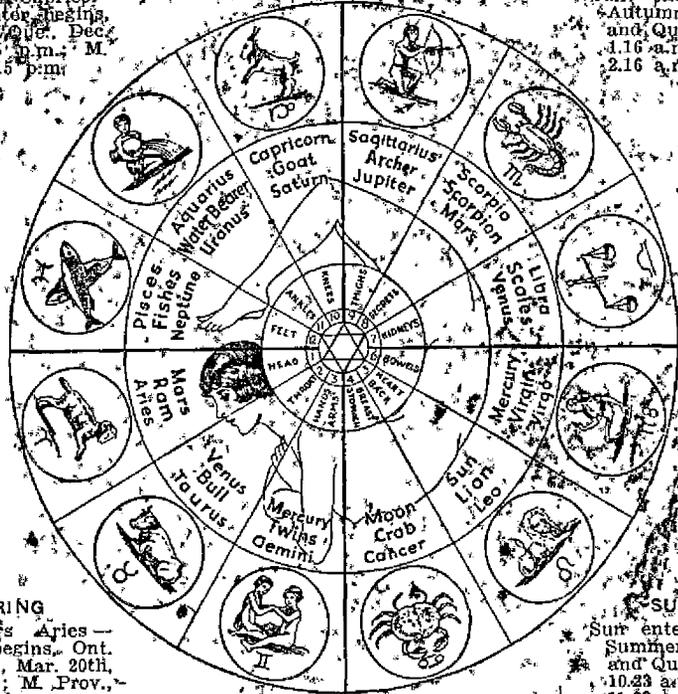
Signs of the Zodiac

WINTER

Sun enters Capricorn — Winter begins, Ont. and Que., Dec. 21st, 8:15 p.m.; M. Prov., 8:15 p.m.

AUTUMN

Sun enters Libra — Autumn begins, Ont. and Que., Sept. 23rd, 1:16 a.m.; M. Prov., 2:16 a.m.



SPRING

Sun enters Aries — Spring begins, Ont. and Que., Mar. 20th, 2:54 p.m.; M. Prov., 3:54 p.m.

SUMMER

Sun enters Cancer — Summer begins, Ont. and Que., June 21st, 10:23 a.m.; M. Prov., 11:23 a.m.

Greetings

ONCE again we greet you at the new year. Once again we bring you tidings of good cheer. For in addition to some entertainment and amusement we bring the message of good health, of happiness and of longer life.

It would be interesting to know how many people have found good health as the result of reading Dr. Chase's Almanac. The number must be legion and the year 1932 will be no exception for the use of Dr. Chase's Medicines is constantly increasing in Canada, as well as in other countries to which they are exported.

Memorandums

It is scarcely necessary to refer to the convenience of Dr. Chase's Almanac as a place in which to keep records of business transactions or social events. The farmer finds it handy for

entries re: planting and reaping, breeding of animals, poultry records, receipts and expenditures. In the great majority of homes this almanac hangs in a convenient place for ready reference the year round.

Palmistry

This feature will, we believe, interest a great many people and afford amusement for many a social gathering.

Palmistry is, unquestionably, the best form of fortune telling as certain characteristics of the individual are indelibly written on the hand.

Checkers

So popular did the checker department of last year's almanac prove that we again supply a set of end games for solution.

The interest in this age old game is now so great that many daily newspapers are now conducting checker departments and thousands of people have written us for copies of the booklet on "How to Play Checkers," see page 15.

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

Keep up Vitality with Dr. Chase's Nerve Food

Day of Month	Day of Week	Zodiacal Sign	Weather & Forecasts	Jan. 1932	Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces				
					New Moon	First Qtr.	Full Moon	Last Qtr.	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises
1	F	S	Becomes colder.	New Year's Day	7.34	4.29	0.10											
2	S	S			7.34	4.29	1.28											
3	S	S	A week of fine cold weather.	Second Sunday after Christmas	7.34	4.30	2.48											
4	M	S			7.35	4.31	4.09											
5	T	S			7.35	4.32	5.28											
6	W	S		Epiphany	7.36	4.33	6.41											
7	T	S			7.36	4.34	sets											
8	F	S			7.37	4.35	4.55											
9	S	S			7.37	4.36	6.09											
10	S	S	Can't see unless S-W wind blows.	First Sunday after Epiphany	7.38	4.37	7.22											
11	M	S			7.37	4.38	8.31											
12	T	S			7.37	4.39	9.36											
13	W	S			7.37	4.41	10.41											
14	T	S			7.36	4.42	11.44											
15	F	S			7.36	4.43	a.m.											
16	S	S			7.35	4.44	0.48											
17	S	S		Second Sunday after Epiphany	7.35	4.45	1.54											
18	M	S	Cloudy and changeable.		7.34	4.47	3.01											
19	T	S			7.33	4.48	4.10											
20	W	S			7.33	4.50	5.17											
21	T	S			7.32	4.51	6.18											
22	F	S			7.31	4.52	7.10											
23	S	S			7.30	4.54	rises											
24	S	S	clears.	Septuagesima Sunday	7.30	4.55	6.02											
25	M	S			7.29	4.56	7.23											
26	T	S			7.28	4.58	8.42											
27	W	S			7.27	4.59	10.00											
28	T	S			7.26	5.01	11.18											
29	F	S			7.25	5.02	a.m.											
30	S	S			7.24	5.03	0.37											
31	S	S	stormy.	Sexagesima Sunday	7.23	5.05	1.58											

PALMISTRY



of the break turns in towards the Mount of Venus and the sign is repeated in both hands. And here it is well to impress upon the reader a point of vital importance, that in the absolute necessity to bear in mind that to be certain a sign must be repeated in both hands, and this applies particularly and especially to the indication of disease and accidents upon the life line.

Who is this Dr. Chase?

A brief sketch of the life and work of a physician whose name is a household word. Dr. Chase became famous both as a physician and as a publisher. Few books have had so great a circulation as Dr. Chase's Receipt Book and Dr. Chase's Medicines have by far the largest sales of any family medicines in Canada. Dr. A. W. Chase was born about 20 miles from Buffalo, New York, and after completing his medical training at Ann Arbor, Mich., settled down in that city to practice his profession.

"Listen, pretty one, I bet you, all that I have, that inside of a month, you will like me."

"This does not interest me."
"I had already understood this character. This type is an inveterate gambler. That separation between the beginning of the lines of life and of the head indicate this very definitely and he bets all that he has on something which he only imagines."

THE LINE OF LIFE

This line should be long, completely encircling the ball of the thumb; strong, not too broad or too fine, without curvature, breakage, cross bars or irregularities of any description. Thus marked in a hand, it denotes long life, good health, a good character and disposition.

Pale and broad it indicates ill-health, bad instincts and a feeble and envious character. Thick and red it betrays violence and brutality of mind, chained it indicates delicacy of constitution, thin and meagre in the centre it indicates ill-health during a portion of the life, a spot terminating this thinness indicates a sudden death. If it is of various thicknesses throughout its course it indicates a capricious and fickle temper.

The shorter the line the shorter the life and from the point at which the line terminates on both hands may be predicted accurately the time at which death will supervene.

A break in the line denotes always an illness. If the line is broken in both hands there is great danger of death, especially if the lower branch

That was in 1863, and as medical doctors were not very plentiful at that time in the smaller cities and towns of Western Ontario, he was accustomed to stop over for consultation at the principal centres between Ann Arbor and Buffalo. In this way he built up quite a clientele in Canada, and people got in the way of sending to him to have their prescriptions refilled. Witnessing the good effects of these treatments, their friends sent for similar medicines, and so began the business which is now known as the Dr. A. W. Chase Medicine Company, Ltd., of Toronto and New York, with agencies in many other countries. Of kindly disposition; strict integrity, honesty of purpose, and indomitable energy, Dr. Chase became very successful both as a physician and afterwards as a publisher of the receipt book which bears his name.

The same dependability for which his famous book became valued also applied to his medicines, which have become so well and favorably known in many thousands of homes throughout Canada, the United States and other countries.

The Blood Stream

The blood stream goes to all the millions of cells and tissues which make up the human body.

When the blood is pure and rich and nutritious it is entirely beneficial in its influence.

But when the blood is laden with poisons as the result of faulty liver and kidney action or when it is weak and watery the cells and tissues do not obtain the necessary nutrition and the poisons give rise to pain and disease.

You can make the blood rich and red by the use of Dr. Chase's Nerve Food. You can increase the number of red corpuscles in the blood so that it proves of the utmost benefit to the cells and tissues, the members and organs of the body.

Feed the blood with Dr. Chase's Nerve Food and you supply to it the elements which go directly to increase its quantity and quality.

Eclipses, 1932

(Greenwich Mean Time)

I.—AN ANNULAR ECLIPSE OF THE SUN, March 7th, 1932, invisible in America, visible over Australia.

II.—A PARTIAL ECLIPSE OF THE MOON, March 22nd, 1932, visible in North America except the northeastern part. The Moon enters the Umbra March 22nd, 10 hours, 59.2 minutes, middle of the eclipse March 22nd, 12 hours, 32.2 minutes. Moon leaves the Umbra March 22nd, 14 hours, 5.2 minutes. Greenwich Civil Time.

III.—A TOTAL ECLIPSE OF THE SUN, August 31st, 1932, visible at Toronto as a partial eclipse. Eclipse begins August 31st, 17 hours, 44.5 minutes. Central eclipse begins August 31st, 19 hours, 4.2 minutes. Central eclipse ends August 31st, 21 hours, 2.6 minutes. Eclipse ends 31st, 22 hours, 22.1 minutes. Greenwich Civil Time.

IV.—A PARTIAL ECLIPSE OF THE MOON, September 14th, 1932, invisible at Toronto; the beginning visible generally in Europe, Africa, the eastern part of the Atlantic Ocean, the Indian Ocean, Asia and Australia; the ending visible generally in the northeastern part of North America, South America, the Atlantic Ocean, Europe, Africa, Western Asia, and the Indian Ocean. The magnitude of the eclipse equals 0.982.

1932

Dominical Letters. CB	Solar Cycle.....	9
Epact.....	22	Roman Indiction... 15
Lunar Cycle or	Golden Number. 14	Julian Period....6645

The year 5693 of the Jewish Era begins at sunset on September 30th, 1932, Gregorian Calendar.

The year 1351 of the Mohammedan Era or the Era of the Hegira begins at sunset on May 6th, 1932.

The 23rd year of the reign of King George V. begins on May 6th, 1932.

The 157th year of the Independence of the United States begins July 4th, 1932.

The 66th year of the Dominion of Canada begins July 1st, 1932.

Morning and Evening Stars, 1932

(Greenwich Mean Time)

MERCURY.—Morning star to February 26th with greatest elongation west on January 11th 23° 27'. Evening star from February 26th to April 10th with greatest elongation east on March 23rd 18° 40'. Morning star on April 10th to June 13th with greatest elongation west of the Sun 26° 25'. Evening star from June 13th to August 17th with greatest elongation east on July 29th 26° 54'. Morning star from August 17th to September 29th with greatest elongation 18° 41' west, September 3rd 18° 4'. Evening star from September 29th to December 4th with greatest elongation 22° 36' east. Morning star from December 4th to end of the year with greatest elongation west 22° 0' on December 23rd.

VENUS.—Evening star to June 29th with greatest elongation east of the Sun of 45° 42' on April 19th. Morning star from June 29th to end of the year with greatest elongation west of the Sun 45° 48' on September 7th. Greatest brilliancy August 5th with stellar magnitude—4.2.

MARS.—Visible in the early morning hours during November and December, stellar magnitude at opposition in March, 1933—1.0.—

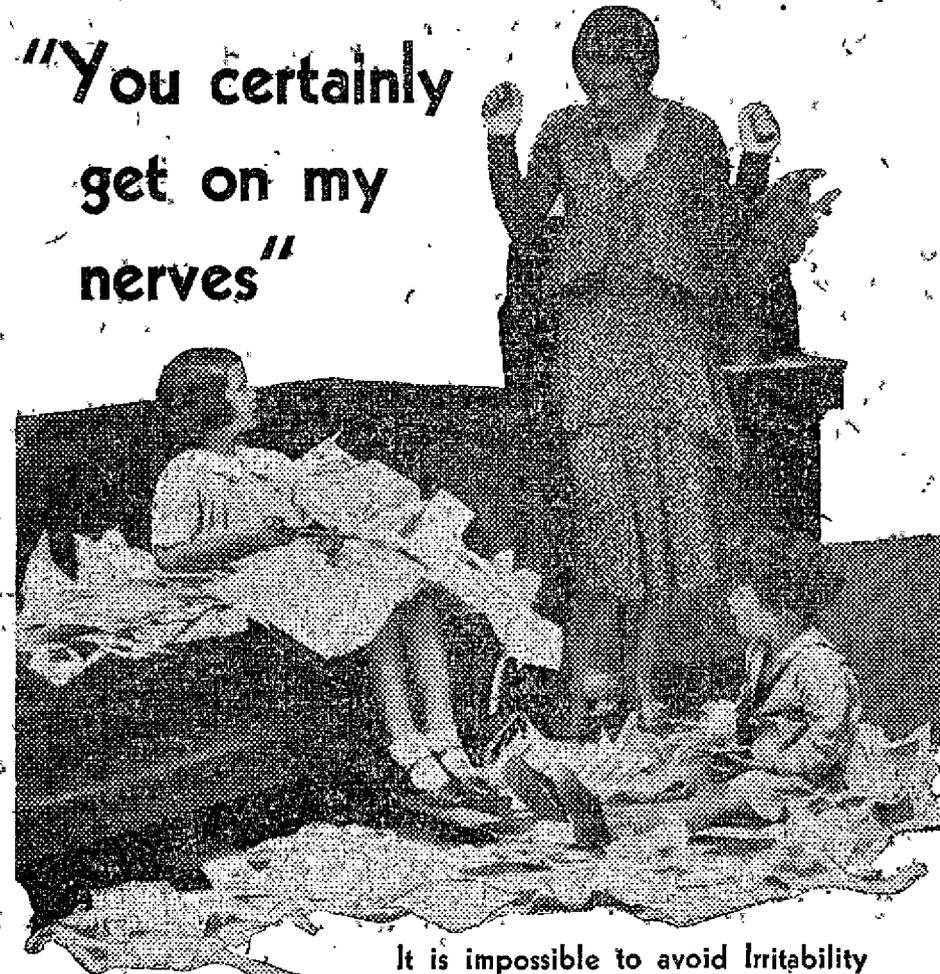
JUPITER.—Stellar magnitude at opposition in February, 1932—2.1.

SATURN.—Stellar magnitude at opposition in July, 1932—0.3.

URANUS.—Stellar magnitude at opposition in October, 1932—6.0. Just visible to good eyesight.

NEPTUNE.—Stellar magnitude at opposition in February, 1935—7.7. Invisible without telescopic aid.

"You certainly
get on my
nerves"



It is impossible to avoid Irritability
and Worry when the Nervous System is Run Down

IRRITABILITY like worry wastes the nerve force at a tremendous rate. Fits of anger and excitement, put an unbearable strain on the heart and nerves especially when these organs are already in a weakened condition. Disorders of the nerves do not right themselves but tend to become worse because of the exhausting effect of sleeplessness, loss of appetite and indigestion. New nerve force must be restored to the system by the use of such treatment as Dr. Chase's Nerve Food. By this means the building up process is established and health and vigor are gradually and certainly brought back.

Dr. Chase's Nerve Food
Restores tired, sleepless nerves



Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Feb. 1932			Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				☾ New Moon	☽ First Qtr.	☾ Full Moon	☾ Last Qtr.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises	
1	M	♈	Begin															
2	T	♈	cloudy															
3	W	♈	then															
4	T	♈	clear															
5	F	♈	and															
6	S	♈	cold															
7	S	♈	Milder	Quinquagesima (Shrove Sunday)														
8	M	♈	with															
9	T	♈	fro-															
10	W	♈	quent	Ash Wednesday														
11	T	♈	snow															
12	F	♈	flurries															
13	S	♈	Con-	First Sunday in Lent (Quadragesima Sunday)														
14	S	♈	tinues															
15	M	♈	mild															
16	T	♈	and															
17	W	♈	cloudy															
18	T	♈	Little															
19	F	♈	snow															
20	S	♈	Turns	Second Sunday in Lent														
21	S	♈	fine															
22	M	♈	with															
23	T	♈	coldest															
24	W	♈	spell															
25	F	♈	of															
26	F	♈	winter															
27	S	♈	Milder	Third Sunday in Lent														
28	S	♈	Snow															
29	M	♈																

PALMISTRY



"Oh! There should be much distrust of this line when it is in the form of a chain. He is a Don Juan and each link represents a flirt. To each one he swears eternal love and as soon as he wins her, he becomes tired of her."

THE LINE OF HEART

The strength of affection is in proportion to the length of the line; if the line is short, the subject will be more sensual than platonic in his affections. Traced right across the hand (from side to side) it indicates an excess of affection which produces jealousy and suffering in consequence thereof. If it is chained in its formation, the subject is an inveterate flirt, and unless the rest of the hand be very strong, will be much subject to palpitation of the heart. Bright red in color, the line denotes violence in affairs of the heart, and on the other hand, a pale line, broad and chained, betrays a cold-blooded ruse, if not a condition of heart utterly base. A livid or yellow color betrays subjection to liver complaint. A line which lies close to that of the head throughout its length betrays evil instincts, avarice, envy, hypocrisy and duplicity. If in the hand there be found no line of heart, it is an unfailing sign of treachery, hypocrisy, and the worst instincts, and unless the line of health be very good, the subject will be liable to heart disease and runs a grave danger of a sudden and early death.

Iron is Essential to the Blood

The one element of first importance to the body is iron. Iron is the chief constituent of the blood corpuscles. From iron the blood derives its red color. If the lips and gums are pale you know that the blood is lacking in color and iron. This may be the result of anemia but if you are in advanced years you may attribute the condition to deterioration of the blood-forming organs. In either case Dr. Chase's Nerve Food will certainly benefit you because one of its chief ingredients is iron and it goes directly to the formation of rich red blood.

Getting Under the Fifth Rib

Customer—"To what do you owe your extraordinary success as a house-to-house sales man?"
Salesman—"To the first five words I uttered when a woman opens the door—"Miss, is your mother in?"

"I Can and I Will"

With a surprising number of people illness becomes a habit. Perhaps you are accustomed to have headaches, or you don't sleep well, or you have indigestion. You talk about these things but you do not take a determined stand to get rid of them and thereby add happiness and efficiency to your life. Such ailments can usually be overcome if you firmly resolve to be careful in your habits and diet and use such treatment as you believe best suited to your needs persistently and regularly. A restorative of wide usefulness is Dr. Chase's Nerve Food because it forms new rich blood, the real foundation of all health and vigor.

The Brain is in Control New Vitality for Advanced Years

The nervous system is made up of the brain, the spinal column, the nerve centres and the myriads of nerve fibres which extend to the very extremities of the human body.

The operation of this system determines what the muscles of the heart, lungs, stomach and all the other members of the body shall do.

The brain is in command. It does the thinking and issuing of the orders. It directs all the functions of the body.

When through over exertion, worry or wrong modes of life the nerve force becomes exhausted the result is noticed in all parts of the human body. The functions of the organs are weak and irregular and you are overcome with feelings of fatigue and depression.

The nerves become excitable and irritated. You cannot sleep or rest well. You have digestive troubles and headaches. You lose your grasp on the activities of life and become downhearted and discouraged.

The sufferer from nervous disorders has a gloomy outlook on life which will only clear away when new nerve force is supplied to the system by such restorative treatment as Dr. Chase's Nerve Food.

The great advantage of using Dr. Chase's Nerve Food is on account of its lastingly beneficial results. It actually forms new, rich blood and thereby nourishes the rundown nervous system back to health and vigor.

Gradually and certainly you feel that you are regaining strength and courage. You rest and sleep well and sleep itself is a greater restorer of the nerves.

As you win back your old-time vigor headaches disappear, irritability becomes a thing of the past and you find yourself once again looking on the bright side of things and enjoying healthful living.

"How about some nice horseradish?" said the grocer to the trade.

"Oh no, indeed." "We keep a car."

As age advances, there is a tendency for the blood to become thin and watery. As a result, elderly people experience trouble from poor circulation of the blood and weak heart action. By using Dr. Chase's Nerve Food, the blood is made rich and red, the action of the heart is strengthened and every organ of the body is benefitted.

Universal Goat

Caller.—"Who's the responsible man here?"
Office Boy.—"If you mean the fellow that always get the blame, it's me."

Father (awaiting news).—"Well, nurse, will it use a razor or lipstick?"

Mrs.—"I suppose you've been to see a sick friend—holding his hand all evening."

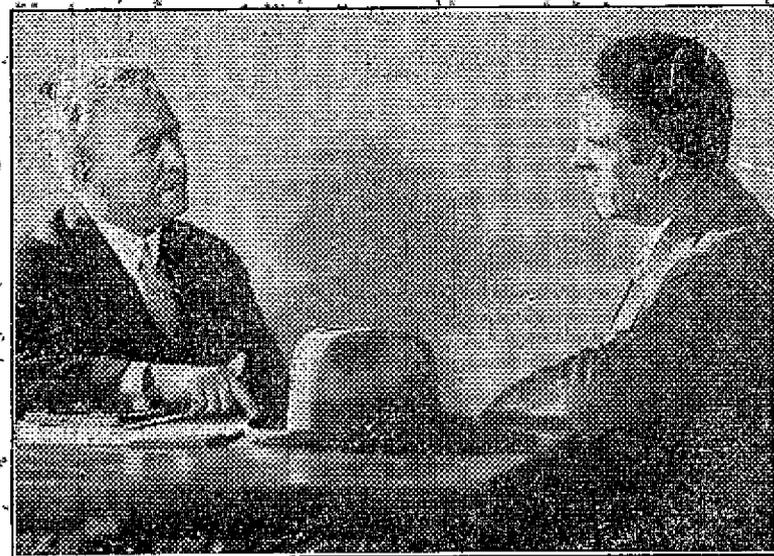
Mr.—"If I'd been holding his hand I'd have made some money."

Labor and Play.—"Dar ain' so much danger of overwork," said Uncle Eben, "as dar is of overplay. We stop de day's labor when de whistle blows, but quittin' time for a card game kin be anything up to four o'clock in de mornin'."

School Age Children

The growing body demands a liberal supply of rich, red blood. As the result of the strain and excitement of school life and examinations the blood becomes thin and watery and the child becomes pale, anemic, nervous, irritable and run-down in health.

School age children respond quickly to the restorative, up-building influence of Dr. Chase's Nerve Food. Nervous ailments such as Chorea or St. Vitus' Dance and twitching of the nerves are avoided and children are fortified against germ diseases by the greatest of all germicides, rich, red blood.



"More Men Than Women Have Nervous Troubles"

This is the statement of a specialist on diseases of the nerves who comes in contact with many thousands of cases.

It is especially true during this time of worry and anxiety over business conditions.

You feel out of sorts.

You do not sleep well.

Digestion fails and you are lacking in energy.

You do not feel that you can leave your position or your business for a long rest, but you can take things

easier and you can profit by the experience of others and build up your exhausted nervous system by using Dr. Chase's Nerve Food.

This tonic treatment supplies to the blood in condensed and easily assimilated form the elements which are required to replenish the depleted nerve cells and restore the vitality of the human system.

Dr. Chase's Nerve Food soothes the tired, excited nerves and enables you to sleep and rest well.

Dr. Chase's Nerve Food

Restores tired, excited nerves



Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Mar. 1932			Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				d.	h.	m.	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sum Rises	Sun Sets	Moon Rises
1	T	♈	Cloudy				☾ New Moon	7	2	44a.	7	3	41a.	6.39	5.47	3.30		
2	W	♈	with				☾ First Qtr.	15	7	41a.	15	8	41a.	6.37	5.48	4.24		
3	T	♈	strong				☾ Full Moon	22	7	37a.	22	8	37a.	6.35	5.50	5.05		
4	F	♈	winds				☾ Last Qtr.	29	10	44p.	28	11	44p.	6.34	5.51	5.36		
5	S	♈											6.32	5.52	6.00			
6	S	♈	Milder										6.30	5.54	6.20			
7	M	♈	with	Fourth Sunday in Lent									6.28	5.55	sets			
8	T	♈	very										6.26	5.56	7.19			
9	W	♈	heavy										6.25	5.58	8.23			
10	T	♈	snow										6.23	5.59	9.27			
11	F	♈	falls										6.21	6.00	10.33			
12	S	♈	Few										6.19	6.02	11.40			
13	S	♈	fine										6.17	6.03	a.m.			
14	M	♈	days	Fifth Sunday in Lent									6.15	6.04	0.46			
15	T	♈	then										6.13	6.06	1:50			
16	W	♈	becomes										6.12	6.07	2.48			
17	T	♈	stormy										6.10	6.08	3.36			
18	F	♈	again	St. Patrick									6.08	6.09	4.16			
19	S	♈	Weather										6.06	6.11	4.47			
20	S	♈	very	Palm Sunday									6.04	6.12	5.12			
21	M	♈	dis-										6.02	6.13	5.34			
22	T	♈	appointing										6.00	6.15	rises			
23	W	♈											5.58	6.16	7.55			
24	T	♈	Cloudy										5.57	6.17	9.20			
25	F	♈	and	Good Friday									5.55	6.18	10.46			
26	S	♈	windy										5.53	6.20	a.m.			
27	S	♈	Clear	Easter Sunday									5.51	6.21	0.08			
28	M	♈	and										5.49	6.22	1.21			
29	T	♈	cool										5.47	6.23	2.21			
30	W	♈	End										5.45	6.25	3.06			
31	T	♈	fine										5.43	6.26	3.40			

PALMISTRY



This lady should be very careful where she steps. I mean to say, HOW she steps. The line of the head is cut off and indicates that her distraction is likely to occasion many falls. Some day, when she least expects it, during a flight in an aeroplane she is liable to open the door and step out.

THE LINE OF HEAD.

This line should be joined to the line of life at its immediate commencement, and leaving it directly should trace a strong ray across the hand, clear and well colored, without ramification or forking, uninterrupted and regular; such a formation indicates good sense, clear judgment, cleverness and strength of will. Pale and broad it indicates feebleness or want of intellect, short, it betrays weak ideas and weak will. Long and very thin it betrays treachery and infidelity. Of unequal thickness, twisted and badly colored, it betrays a feeble liver and want of spirit; such subjects are always avaricious. The line must lie at a good regular distance from that of the heart, lying up close to it throughout its length it betrays weakness and palpitation of the organ. Remember that an extremely good Line of Head may so influence the whole hand as to dominate over evil signs which may there be found, especially if the Mount of Mars be also high; such a combination gives to the subject energy, circumspection, constancy, coolness, and a power of resistance which goes a long way towards combating any evil or weak tendencies which may be found in his hand.

Have You that Vital Successful Look

If you do not feel well you cannot get the most out of life. Whether you are in business or professional life much depends on your vitality as to what impression you make on those with whom you come in contact.

Whether your weakened condition is caused by overwork, worry or an exhausted condition of the blood and nerves Dr. Chase's Nerve Food will be of immense benefit to you.

It is nature's way of instilling new snap and vigor into the human system. A few weeks use of this popular restorative will do wonders for you.

Look for the cause of your trouble and remove it. If it has to do with the digestive and eliminative systems Dr. Chase's Kidney-Liver Pills are almost certain to help you.

Low Blood Pressure Low Vitality

Low blood pressure is associated with low vitality, lack of energy, headaches, mental depression and nervous exhaustion.

Heart weakness and digestive disorders naturally accompany this weakened condition of the system.

You are not getting proper nourishment from the food you eat and it is therefore necessary to call in the aid of such tonic treatment as Dr. Chase's Nerve Food.

Life outdoors, with suitable exercise and deep breathing will help, but the body demands the elements which are found in Dr. Chase's Nerve Food in order to build up the quality of the blood; increase the red corpuscles and restore vigor and energy to the nervous system. Only in this way can the motive power be restored to the vital organs.

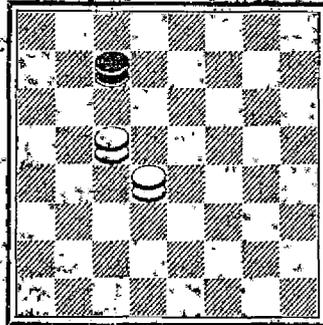
CHECKER PUZZLES

Reference Board—
BLACK

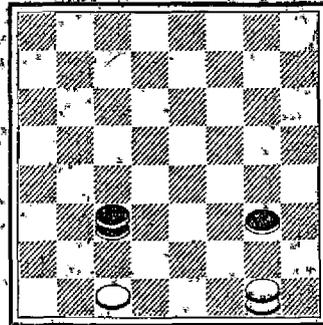
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32

Fascinating little end games that have charmed all classes for centuries. Blacks originally occupied spaces 1 to 12. Whites play first and win. Moves are indicated by numbers on reference board, 25:22 means that piece on square 25 has moved to square number 22. When you have written down your solution look for solutions on another page of this book. Also see on page 15 how to obtain the very interesting little book on "How to Play Checkers".

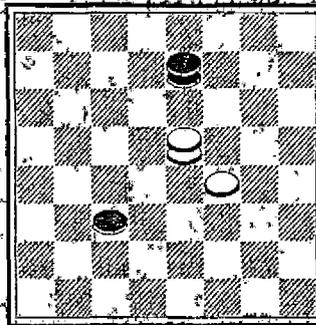
Whites play first and win in all these endings.



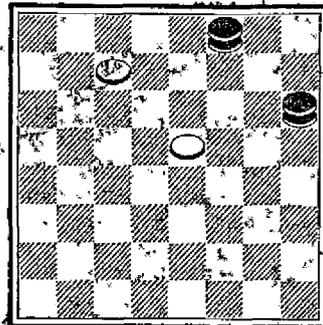
No. 1—White Wins in 3 Moves



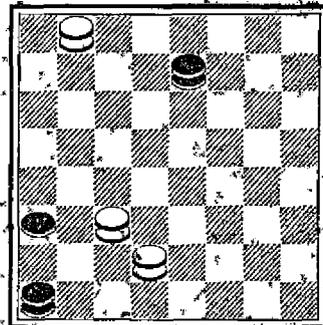
No. 2—White Wins in 4 Moves



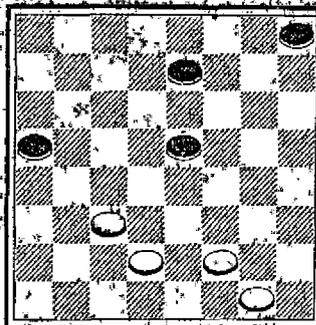
No. 3—White Wins in 6 Moves



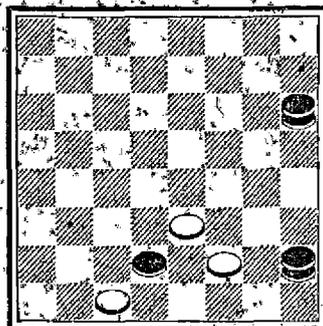
No. 4—White Wins in 4 Moves



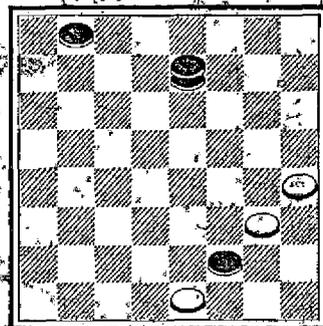
No. 5—White Wins in 8 Moves



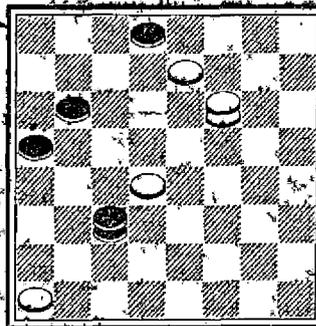
No. 6—White Wins in 4 Moves



No. 7—White Wins in 3 Moves



No. 8—White Wins in 5 Moves



No. 9—White Wins in 8 Moves

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Dr. Chase's Nerve Food makes children strong

A Sure Way To Banish Worry

Worry wastes nervous energy at a tremendous rate. "But" you say, "I cannot help but worry".

It is now generally agreed that the cause of worry must be removed and unquestionably this can best be accomplished by Dr. Chase's Nerve Food.

Gradually and certainly this restorative treatment forms new rich blood and feeds the exhausted nervous system back to health and vigor.

The tendency to worry and look on the dark side of things soon disappears before the upbuilding influence of this invigorating restorative.

Renewed Interest Taken In Checkers

The game of Checkers, or Draughts, as it was formerly known, is said to be at least four thousand years old, although it seems to have been first written about in Europe in 1547 by a Spanish author.

During recent years there has been a surprising revival of interest in this age old game and the publication of a page of end games in Dr. Chase's Almanac last year undoubtedly attracted the attention of many thousands of people who had almost forgotten this very fascinating game. Perhaps you have noticed that many newspapers are now publishing checker departments.

On the opposite page you will find a new set of 9 end games. Just try them out, write down your solutions and compare them with the solutions to be found elsewhere in this Almanac.

If you wish to study up on checkers write for the booklet entitled, "How to Play Checkers". It contains many in-

teresting secrets on this great game and will help you to become an expert and to enjoy the game more than ever.

Just enclose 5 cents and address your letter to The Dr. A. W. Chase Medicine Co., Limited, Toronto. As the supply of these instructive little books is limited it would be a good idea to send for your copy to-day.

The Part Affected

Doctor.—There is nothing the matter with you but tiredness; you just need rest, plenty of rest.
Patient (lady).—But, doctor, my tongue—
Doctor.—Yes, madam, just rest.

Quick-Thinking

"Hello, Hello! Is this you, Mac?"
"Aye."
"Is this Mac MacPherson I'm talking to?"
"Aye, spe' Kid."
"Well, Mac, it's like this; I want to borrow fifty dollars."
"All-right, I'll tell him as soon as he come in."

There is the famous double-barrelled bug made by a printer who transposed a "battle-scarred veteran" into a "bottle-scarred veteran", and when called on by the irate colonel next day to correct it made matters worse by referring to the victim as a "bottle-scarred veteran".

Neuritis and Sciatic Rheumatism

The fad for operations and the sacrificing of teeth has become very popular. But in very many cases the results are terribly disappointing.

Frequently the real cause of trouble is a weakened nervous system and the pains and aches disappear when vigor is restored to the nerves by the use of Dr. Chase's Nerve Food.

It is certainly well worth while to try restorative treatment before sacrificing good teeth or assuming the risk and expense of costly operations.

Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	April 1932			Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces			
				h. m.	d.	h. m.	d.	h. m.	d.	h. m.	d.	h. m.	d.	h. m.	Sun Rises	Sun Sets	Moon Rises		
1	F	♈	Begins fine														5.42	6.27	4.06
2	S	♈															5.40	6.28	4.27
3	S	♈															5.38	6.30	4.44
4	M	♈	Occasion at showers														5.36	6.31	5.00
5	T	♈															5.34	6.32	5.15
6	W	♈															5.32	6.34	sets
7	T	♈															5.30	6.35	8.23
8	F	♈															5.29	6.36	9.29
9	S	♈															5.27	6.37	10.36
10	S	♈	This is a week of real spring weather														5.25	6.39	11.41
11	M	♈															5.23	6.40	a.m.
12	T	♈															5.21	6.41	0.40
13	W	♈															5.20	6.42	1.31
14	T	♈															5.18	6.44	2.12
15	F	♈															5.16	6.45	2.46
16	S	♈															5.14	6.46	3.12
17	S	♈	Becomes warmer														5.13	6.47	3.35
18	M	♈															5.11	6.49	3.56
19	T	♈															5.09	6.50	4.16
20	W	♈															5.08	6.51	rises
21	T	♈	showery														5.06	6.52	8.14
22	F	♈	weath-er														5.04	6.54	9.41
23	S	♈															5.02	6.55	11.02
24	S	♈	Begins fine														5.01	6.56	a.m.
25	M	♈															4.59	6.58	0.10
26	T	♈															4.58	6.59	1.02
27	W	♈	thick														4.56	7.00	1.41
28	T	♈	weat-														4.54	7.01	2.10
29	F	♈	ends														4.53	7.02	2.32
30	S	♈	showery														4.51	7.04	2.51

PALMISTRY



parency, and of a normal and well proportioned length, the nails indicate a good spirit, delicacy of mind, sensitiveness, tact and good taste. Nails that are both short and pale betoken falsehood and cunning, and a weak physique and moral flaccid. Long nailed subjects are calmer in temper and more gentle than those with short nails. They are less critical and more impressionable and are of an artistic nature. Nails that are long and thin and very much curved across the finger show a tendency to throat and lung trouble, and this is more accentuated when the nail is heavily ribbed or fluted. Nails that are very thick, long and bent, are indicative of a nature inclined to be cruel and in-chaste.

Would You Have Beauty?

Real beauty results from the perfect functioning of all the vital organs. Vitality is the real source of feminine attractiveness. Dr. Chase's Nerve Food is a great aid to beauty because it forms new, rich blood and through the circulation instills vitality into the whole human system.

"Closely trimmed finger nails?"
"Her relations have my sympathy, especially those with whom she lives. She is indescribably silly and one of those who believes that nothing is of any use unless it is done especially for her."

THE FINGER NAILS

If the nails are short and broad rather than long, with the skin growing far up them, the subject will be pugnacious, critical in disposition, and fond of domination in matters relating to himself and his surroundings; in fact, he will be imbued with a spirit of meddlesomeness. Short nails denote sharpness, quickness of intellect and perspicacity, with a good Line of Head, they indicate administrative talent, with a good Line of Apollo, they indicate irony and badinage. Short nailed subjects make the best journalists, by reason of their love of criticism and readiness to engage in any dispute or contention. On a good natured and happy hand, or in a lazy hand, short nails denote a spirit of mockery and of good humored sarcasm, frivolity, criticism and contradiction. It goes almost without saying that when the nails are short from the habit of biting them, they indicate nervousness, abstraction, subject to fits of melancholy, a worrying disposition and continual irritation. White and shining, soft in texture, with a tendency to pinkness, by reason of their trans-

The Spirit of Spring

With what joy we greet the spring time. Once again we come in touch with Nature in her happiest mood. It is the time to throw aside the worries and ailments which have weighed us down during the depressing indoor life of winter. The fresh air and sunshine are great restoratives and Nature also provides certain elements which are absolutely necessary to enrich the blood so weakened by artificial winter life. These elements are happily combined in Dr. Chase's Nerve Food so as to make it the ideal restorative for the blood and the nerves. Dr. Chase's Nerve Food makes the blood rich and red and through the nervous system instills new vigor and energy into the whole human system.

Prevent Child Diseases

Many parents overlook the seriousness of such diseases as measles, whooping cough, scarlet fever and mumps and do not do their utmost to prevent exposure of their children to these ailments.

Besides the fact that at least one in every twenty who contracts these ailments dies, many are left with weak hearts, diseased kidneys, weakened lung tissues, eye troubles, rheumatism or other disorders from which they never recover.

The greatest of germicides is rich red blood. In seeking to prevent infectious or contagious diseases the use of Dr. Chase's Nerve Food to enrich the blood and build up resistance is of the utmost value.



How Much Are You Worth?

Behind what we have, or have done, or are, is that basic matter—what we may become. There lies our real value. Every person is a bundle of possibilities and he is worth what life may get out of him before it is through.

The Professor.—"I'll wait until that fellow stops making a fool of himself, then I'll begin."

Say a prayer for Lizzie Finn
Her diet failed to make her thin.

St. Vitus' Dance or Chorea

To overpressure in school work this trouble is often attributed. It is a development of nervous trouble arising from an anæmic condition or weakness of the blood.

As in all nervous troubles prevention is the wisest course and the persistent use of Dr. Chase's Nerve Food the most satisfactory means of enriching the blood and restoring the vital nerve force which is so lacking in all such cases.

Rest quiet and the use of this great restorative usually results in surprisingly satisfactory improvement in the condition of the patient.

The Health of Your Child

Health during childhood is the foundation on which is built the whole future health and happiness of the individual.

This is the time when vital, vigorous health can be made a habit.

It is comparatively easy to overcome the conditions which cause the child to be pale, weak, irritable and nervous by the use of restorative treatment such as Dr. Chase's Nerve Food.

Because it is mild and gentle in action and easily assimilated Dr. Chase's Nerve Food is admirably suited to the needs of school age children. By forming rich red blood it brings color to the cheeks and aids in the development of a strong, healthy body.

An Embarrassing Question

Preacher.—"Dat's as fine a goose as I evah see, Bruddah Williams. Whar did yo' git such a fine goose?"

Mose.—"Well now, pahson, when yo' preach a speshul sermon, I never axes yo' whar yo' got it. I hopes yo' will show me de same consideration."



The Necessity of Sleep

The brain is the storehouse of nervous energy. One fifth of the blood in the human body is consumed by the brain in the production of nerve force.

During the day the brain expends an enormous amount of energy in the process of living and only during sleep is there an opportunity to renew the supply.

The need of sleep is, therefore, greatest in brain workers. But worry and anxiety are the greatest wasters of nerve force.

Those who most need sleep—the nervous, excitable, irritable—are the very ones who often cannot sleep.

Hence, the absolute necessity of re-

storative treatment, such as Dr. Chase's Nerve Food, to feed the nerves back to health.

You will not be using this treatment long before you find yourself resting and sleeping better. Tired, languid feelings, fear and worry, headaches and despondency will disappear as your nervous energy is restored.

Some physicians claim that 75% of the people who consult them are suffering as the result of exhausted nerves. Dr. Chase's Nerve Food is unquestionably the most effective and natural means of restoring the nerves and bringing back the joy of healthful living.

Dr. Chase's Nerve Food

Restores tired, sleepless nerves



Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Moon's Phases			Sun and Qu.		Mar. Proj.		Local Mean Time		
				May 1932	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sup. Rises	Sun. Sets	Moon Rises	Ontario, Quebec and Maritime Provinces	h. m.
1	S	Virgo	Month	14	5	1	13	5	2	12	4:50	7:05	3:07
2	M	Libra	begins	15	1	12	13	30	2	12	4:48	7:06	3:23
3	T	Scorpio	fine	16	2	11	13	30	2	12	4:47	7:07	3:38
4	W	Sagittarius	but	17	3	10	13	30	2	12	4:45	7:09	3:55
5	T	Capricorn	week	18	4	9	13	30	2	12	4:44	7:10	sets
6	F	Aquarius	ends	19	5	8	13	30	2	12	4:43	7:11	3:27
7	S	Pisces	wet	20	6	7	13	30	2	12	4:41	7:12	3:33
8	S	Aries	Fine	21	7	6	13	30	2	12	4:40	7:14	10:34
9	M	Taurus	bright	22	8	5	13	30	2	12	4:39	7:15	11:27
10	T	Gemini	days	23	9	4	13	30	2	12	4:37	7:16	am.
11	W	Cancer	be-	24	10	3	13	30	2	12	4:36	7:17	0:11
12	T	Leo	coming	25	11	2	13	30	2	12	4:35	7:18	0:46
13	F	Virgo	warm	26	12	1	13	30	2	12	4:34	7:19	1:14
14	S	Libra	er	27	1	0	13	30	2	12	4:32	7:21	1:38
15	S	Scorpio	Cloudy	28	2	11	13	30	2	12	4:31	7:22	1:58
16	M	Sagittarius	with	29	3	10	13	30	2	12	4:30	7:23	2:18
17	T	Capricorn	fire	30	4	9	13	30	2	12	4:29	7:24	2:38
18	W	Aquarius	quent	31	5	8	13	30	2	12	4:28	7:25	3:00
19	T	Pisces	show	1	6	7	13	30	2	12	4:27	7:26	3:27
20	F	Leo	ers	2	7	6	13	30	2	12	4:26	7:27	3:58
21	S	Virgo	Sovera	3	8	5	13	30	2	12	4:25	7:28	4:29
22	S	Libra	days	4	9	4	13	30	2	12	4:24	7:29	10:51
23	M	Scorpio	if	5	10	3	13	30	2	12	4:23	7:30	11:36
24	T	Sagittarius	bright	6	11	2	13	30	2	12	4:22	7:31	12:00
25	W	Capricorn	warm	7	12	1	13	30	2	12	4:21	7:32	0:10
26	T	Aquarius	weath-	8	1	0	13	30	2	12	4:21	7:33	0:36
27	F	Pisces	er	9	2	11	13	30	2	12	4:20	7:34	0:56
28	S	Leo	Month	10	3	10	13	30	2	12	4:19	7:35	1:13
29	S	Virgo	ends	11	4	9	13	30	2	12	4:18	7:36	1:29
30	M	Libra	fine	12	5	8	13	30	2	12	4:18	7:37	1:44
31	T	Scorpio		13	6	7	13	30	2	12	4:17	7:38	2:01

Mean 5 Days worked 5:00

PALMISTRY



This little girl should develop into a great artist, but the line of life is cut by the line of the heart. What a pity. She is likely to pass up a brilliant career and spend her life mending socks for some stupid who does not deserve it.

A Place of Losses

During the hearing of a case, a considerable row was made in the court. "What's the meaning of that noise?" demanded the judge. "I've lost my coat," explained a man. "Well," said the judge, "many people lose suits here and don't utter a word!"

How is the efficiency expert coming on at your office, Dick?

"Fine. He was such a success for the boss that we employes hired him for a week. You fellows hired him?" "Yes, with great success. He showed up a new way to beat the time clock, taught us a lot of brand new excuses for being late and how to hook the boss's cigars without being found out."

Proof Enough

Teacher: "And so we find that heat expands things, and cold contracts them. Can anyone give me an example of this?" Bright Student: "Yes, m'am. The days are shorter in winter."

Watch Your Waist Line

It is sometimes said that "your waist line is your life line." If you are eating too much or exercising too little the surplus fat accumulates on the waist line. This is your warning. If in spite of this you neglect to exercise, you can greatly benefit your body and prolong your life by using Dr. Chase's Kidney-Liver Pills once or twice a week to ensure healthful action of the liver and bowels.

Correct Diagnosis

Friend: "You look very serious." Doctor: "I am worried about one of my patients." "Is it a very serious case?" "Yes—he won't pay his bill!"

Supervisor: "Hello! Hello! Do you wish to call a number?" Colored Man's Voice: "No, sah, Miss, a don't want no numbah." Supervisor: "Then don't play with the telephone."

Man: "Ah, ain't playing with no tone. The receivah fell in de sugah bowl an' I se hee lickin' the sugah offen de receivah."

The Blood Stream

To a very great extent the health depends on the condition of the blood. If the blood is thin and watery the nervous system is starved and the vital organs become slow and weak in action. This condition is overcome by the use of Dr. Chase's Nerve Food which goes directly to the formation of rich red blood.

If on the other hand the blood is filled with poison as the result of defective liver and kidney action and constipation of the bowels, the treatment indicated is Dr. Chase's Kidney-Liver Pills. In complicated cases both these medicines may be used at the same time.

Most Common Cause of Disease

Health depends to a very great extent on the food we eat and the exercise we take.

Experience teaches you what foods best agree with you, and common sense will enable you to limit the quantities.

The exercise part of it is not so easy. Even walking, one of the best forms of exercise, has been largely eliminated by the use of the automobile.

From lack of exercise the liver becomes torpid and fails to filter bile from the blood, where it acts as a poison, and to pass it into the intestines where it becomes a perfect cathartic for the regulation of the bowels.

This is the beginning of trouble. The bowels become constipated. The food ferments in the alimentary canal instead of being digested. There is pain, belching of wind, gas forms about the heart causing pain and smothering feelings. There is practically no end to the discomforts and serious diseases which may develop.

Tracking sufficient exercise it is necessary to use laxative treatment such as Dr. Chase's Kidney-Liver Pills. Because this medicine does positively and promptly arouse the action of the liver and bowels, it affords the quickest and most thorough and lasting relief obtainable.

Hugging the Curve

She.—"Is it dangerous to drive with one hand?"

He.—"Your bet. More than one fellow has run into a church doing it."

She Waxed Peculiar.—A young lady entered the stationary store and asked for a pound tin of floor wax.

"I'm sorry, miss," said the clerk, "all we carry is sealing wax."

"Don't be silly," she snapped. "Who'd want to wax a ceiling?"

The Secret of Beauty

The modern girl has learned the secret that good health is the foundation of beauty. She knows that internal as well as external cleanliness is essential to good health, clear skin and sparkling eyes.

To ensure healthful elimination of poisons the liver must be kept active and the bowels regular. This is most certainly accomplished by the use of Dr. Chase's Kidney-Liver Pills.

Wife (reading).—"It says here they have found a four-legged sheep in the Himalaya Mountains that can run forty miles an hour."

Her Hubby.—"Well, it would take a lamb like that to follow Mary nowadays."

Automobile Salesman.—"This controls the emergency brake. It is put to use very quickly in case of emergency."

Sweet Young Thing.—"I see something like a kimono."

He.—"I've waited a whole hour for you."

She.—"I was detained in the beauty shoppe."

He.—"Too bad, you didn't get waited on."

Hardening of the Arteries

Perfect circulation of the blood is the foundation of health and youthful appearance. When the liver, kidneys and bowels become sluggish in action poisons are carried through the body in the circulating blood and irritate and harden the walls of the arteries. Circulation is impeded and a heart condition is developed.

This hardening of the arteries is the most frequent cause of premature old age and of sudden loss of life. This condition is prevented and can usually be relieved by the use of Dr. Chase's Kidney-Liver Pills if the condition is not too far developed.



"Now I do enjoy my meals since using Dr. Chase's Kidney-Liver Pills."

What To Do

Captain.—"Got the location?"
Mate (pointing at map).—"If them's the Canary islands—fine! But if they's fly specks— heaven help us!"

"What were your father's last words?"
"Father had no last words. Mother was with him to the end."

Prolong Your Life

How long do you want to live? The decision is up to you. By keeping the liver, kidneys and bowels active, you eliminate the poisons from the blood, which cause pains and aches and hardening of the arteries. The most effective means of arousing these vital organs to healthful action is Dr. Chase's Kidney-Liver Pills. Their use will add years to your life.

\$1,000,000 a Day For Sickness

"Sickness costs us one million dollars for every working day of a year a total of \$300,000,000 annually. Half of this great loss preventable."

Hon. Mr. Just, Wm. R. Riddell stated, as quoted from Toronto Star of March 23, 1931.

"The time has arrived when the medical profession feels that its attention should be paid to the prevention of disease." Hon. Dr. Rot, Minister of Health for Ontario stated, as quoted from the Toronto Star of March 23rd, 1931.

The three chief causes of disease are premature old age are chronic constipation, chronic indigestion and consequent fermentation of food in the alimentary canal.

These conditions can be prevented and relieved by giving attention to diet and habits of living. The usual cause of trouble is overeating and lack of exercise. To quickly relieve and correct this condition Dr. Chase's Kidney-Liver Pills are most effective. The benefit is lasting because the liver is aroused to healthy action and by ensuring a free flow of bile and natural and regular movement of the bowels.

Poor Pa

Daughter (having received a new mink coat as a Christmas gift from father).—"What don't see is how this wonderful fur can come from such a low, sneaking beast."

Father.—"I don't ask for thanks, dear, but I really insist on respect."

"Say, mon, when is Annie McTavish going to let you marry her?"

"It's verry uncertain, mon. Some fool has her a big box of letter paper with her name printed on it. She won't get married till it's used up, an' she writes very few letters account of the postage."

Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	June 1932			Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				d.	h.	m.	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun. Rises	Sun. Sets	Moon Rises
1	W	♈	First week											4:17	7:39	2:19		
2	T	♈	ends											4:16	7:40	2:41		
3	F	♈	wet											4:16	7:41	3:08		
4	S	♈	fine and											4:15	7:41	sets		
5	S	♈	to be											4:15	7:42	9:23		
6	M	♈	imp.											4:14	7:43	10:10		
7	T	♈	warm											4:14	7:44	10:48		
8	W	♈												4:14	7:44	11:18		
9	T	♈												4:13	7:45	11:42		
10	F	♈												4:13	7:46	12:06		
11	S	♈												4:13	7:46	12:31		
12	S	♈												4:13	7:47	1:02		
13	M	♈												4:13	7:47	1:25		
14	T	♈												4:13	7:48	1:50		
15	W	♈												4:12	7:48	2:14		
16	T	♈												4:12	7:49	2:38		
17	F	♈												4:12	7:49	3:02		
18	S	♈												4:13	7:49	3:26		
19	S	♈												4:13	7:50	3:50		
20	M	♈												4:13	7:50	4:14		
21	T	♈												4:13	7:50	4:38		
22	W	♈												4:13	7:50	5:02		
23	T	♈												4:13	7:50	5:26		
24	F	♈												4:13	7:51	5:50		
25	S	♈												4:14	7:51	6:14		
26	S	♈												4:14	7:51	6:38		
27	M	♈												4:15	7:51	7:02		
28	T	♈												4:15	7:51	7:26		
29	W	♈												4:16	7:51	7:50		
30	T	♈												4:16	7:50	8:14		

June 10 to 12 days worked

PALMISTRY



"What have we here?" "Short fingers with square ends." "She will not die of hunger. Men without money do not interest her. She is a woman of business, but lacking in imagination."

Dictionary

All Baba means being away when the crime was committed.
 An epistle is the wife of an apostle.
 A goblet is the male turkey.
 A grass widow is the wife of a vegetarian.
 A polygon is a dead parrot.
 The future of "I give" is "you take."
 The wife of a duke is a ducky.
 Chivalry is the attitude of a man towards strange women.
 The Zodiac is the zoo of the sky where lions, goats, virgins and other animals go after they are dead.
 Mistress (in drawing room to friends) — "Yes, my maid can be relied upon not to meddle with my personal things." — (as maid enters) "Mary, go and fetch me the letter from my dressing table."
 Maid — "Yes, ma'am. The one about your brother's wedding or the one about the charity bazaar?"

How to Avoid Heart Diseases

Since one person in every seven or eight is said to die of heart disease, it is most important that any derangement of the heart's action should have prompt attention.

Much of the alarm aroused in regard to the heart is the result of chronic indigestion and the formation of gas. There is also constipation of the bowels and sluggish action of the liver and kidneys. As a result of this poisoning of the system hardening of the arteries is accompanied by deterioration of the condition of the heart.

The most effective means of avoiding this condition as well as of affording relief is the use of Dr. Chase's Kidney Liver Pills. Used two or three times a week this treatment keeps these filtering and excretory organs healthy and active. The poisons are eliminated from the blood and your general health is greatly benefited.

Circumstantial

"Why are you divorcing your husband?"
 "Well, the other night he was reading paper and I slipped up and kissed him on the bald spot."
 "Yes?"
 "And he said, 'Quit playing honey, and out those letters I dictated yesterday.'"

Dr. Chase's Backache Plaster

relieves quickly — Backache, lumbago, pain 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 pain and aches wherever located. Full directions for use are found on the wrapper of each plaster. 25 cents at all dealers, or The Dr. A. W. Chase Medicine Co., Limited, Toronto.

Women of all ages

Attribute their Good Health

To the use of this great restorative



It seems that to properly appreciate good health we first have to lose it.

And so it happens that many thousands of women are going about their daily tasks feeling tired and worn out and are wondering how they can win back their energy, vigor and attractiveness.

Many have not yet realized that their nervous systems have given out under the tremendous strain of modern life and that they can never be well and happy until the nervous energy is restored.

Tired, languid feelings give way to health and vigor

Happily the depleted nerves can, in most cases, be fully restored by a few weeks treatment of Dr. Chase's Nerve Food.

Many thousands of women of all ages have proven this in their own experiences, and are today enthusiastically telling their friends the good news.

Others have not yet learned about Dr. Chase's Nerve Food and drag themselves about feeling tired out, lacking in appetite and energy, unable to rest or sleep, making themselves unattractive by their irritability and gloomy views of life.

To all such comes this message of good cheer about Dr. Chase's Nerve Food, the great restorative of the nervous system, which has proven itself women's friend for so many years.

It will bring joy and gladness to your life and through you to those with whom you associate.

Dr. Chase's Nerve Food

Restores tired, sleepless nerves

An Experience

"From my experience as a wife and mother I find that the majority of users of Dr. Chase's Nerve Food are women, especially women passing through the change of life next by young mothers to regain strength after baby comes, and also by mothers for their young daughters entering their womanhood. While it is good for all classes of humanity, I am sure it is especially so for women, as they seem to be troubled most by nervous diseases.—Mrs. H. Alchorn, 23 Gerald Street, Charlottetown, P.E.I.



Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	July 1932		Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces			
				d.	h. m.	d.	h. m.	d.	h. m.	d.	h. m.	Sun. Rises	Sun. Sets	Moon Rises	
1	F	♋	Very	Dominion Day									4.17	7.50	1.41
2	S	♋	warm										4.17	7.50	2.22
3	S	♋	Fine	Sixth Sunday after Trinity									4.18	7.50	Sets
4	M	♋	warm										4.18	7.50	8.48
5	T	♋	weath-	<i>Shearing Sheep</i>									4.19	7.49	9.20
6	W	♋	er										4.20	7.49	9.47
7	T	♋	and										4.20	7.49	10.09
8	F	♋	very										4.21	7.48	10.28
9	S	♋	dry										4.22	7.48	10.47
10	S	♋	Some	Seventh Sunday after Trinity									4.23	7.47	11.06
11	M	♋	severe										4.24	7.47	11.28
12	T	♋	thunder										4.24	7.46	11.54
13	W	♋	storms										4.25	7.45	a.m.
14	T	♋	and										4.26	7.45	0.28
15	F	♋	then										4.27	7.44	1.13
16	S	♋	cooler										4.28	7.43	2.12
17	S	♋	Be-	Eighth Sunday after Trinity									4.29	7.43	rises
18	M	♋	comes										4.30	7.42	8.34
19	T	♋	warm										4.31	7.41	9.00
20	W	♋	and										4.32	7.40	9.20
21	T	♋	very										4.33	7.39	9.38
22	F	♋	dry										4.34	7.38	9.54
23	S	♋	Cool-	Ninth Sunday after Trinity									4.35	7.37	10.10
24	S	♋	er										4.36	7.36	10.27
25	M	♋	and										4.37	7.35	10.46
26	T	♋	cloudy										4.38	7.34	11.09
27	W	♋	but										4.39	7.33	11.38
28	T	♋	month										4.40	7.32	a.m.
29	F	♋	ende										4.41	7.31	0.15
30	S	♋	the										4.42	7.30	1.06
31	S	♋	the	Tenth Sunday after Trinity									4.43	7.28	2.02

July 7 Day worked

PALMISTRY



"This one has a head, but does not use it. Everything is vague in her mind, but this very vagueness has enabled her to travel to the farthest corner of the world, her only belongings being a handbag and toothbrush."

The Potent Sign

Sitto — "Has the Scotchman bought the gasoline station?"
Ditto — "Well, the free air sign is down."

Graduate (leaving college) — "Good-bye, I am indebted to you for all I know."
Dean — "Don't mention such a trifle."

Citizen — "The chiropractors here are not very busy."
Visitor — "Well, I suppose there are many people here without a backbone."

Doctor — "I'm afraid I have bad news for you. You will never be able to work again."
College Grad — "Wadda you mean bad news?"

"What beats a nice thick Turkish carpet?" asks an advertisement.
"A husband, usually."

The Liver and Constipation

Bile is nature's cathartic. It is the business of the liver to filter bile from the blood stream, where it acts as a poison, and pour it into the intestine where its mission is to keep the bowel active.

Overeating and drinking and lack of exercise are the usual causes of torpid sluggish condition of the liver. As a result the bowels become constipated and the kidneys are overloaded with poisons.

If constipation is to really be relieved the liver must be set right and Dr. Chase's Kidney-Liver Pills does this very thing most promptly and most satisfactorily.

Such ailments as chronic indigestion, appendicitis, backache, biliousness, head-ache and hardening of the arteries usually develop from a stagnant condition of the liver and bowels.

"Do you approve of clubs for women?"
"Yes—but only after every other way of quieting them has failed."

The Worry Habit

Worry wastes nerve force at a tremendous rate. More than that it speeds up the action of the heart. Worry, as well as sudden fright or fits of anger, puts an unbearable strain on both the heart and the nerves.

It is not easy to break away from the worry habit unless you use a restorative such as Dr. Chase's Nerve Food to build up the depleted nervous system.

Through the medium of the blood stream Dr. Chase's Nerve Food fills the system with new nerve force so that you rest and sleep well. Gradually you regain control of yourself and worry, irritability and depression disappear.

How to Purify the Blood

The vital importance of the digestive system is generally recognized.

The necessity of the prompt elimination of the poisonous waste materials from the blood is not so well understood.

It is from the failure of the liver, kidneys and bowels to properly filter and eliminate poisons from the blood that arises the great majority of human ills.

The use of Dr. Chase's Kidney and Liver Pills is recommended as prompt and certain relief for torpid, sluggish action of the liver, kidneys and bowels, because they contain the ingredients which medical science has recognized for generations as the best means of accomplishing these results.

These are some of the symptoms which accompany torpid, sluggish condition of the liver, kidneys and bowels.

- Headache.
- Indigestion.
- Constipation.
- Backache.
- Lumbago.
- Coated Tongue.
- Torpid Liver.
- Biliousness.
- Kidney Troubles.
- Rheumatism.

The Wrong Statistics

In the course of the trial the judge turned to the negro woman on the stand and asked

"How big are you?"
 "I see seventy-three, judge."
 "Are you sure?"
 "Yass, suh."
 "Mandy, you don't look seventy-three."
 "I see, suh, judge."

After a few moments the trial was interrupted by Mandy.

"Judge, I see mistaken about my age being seventy-three; that's my bust measure, suh."

Professor:—"Science has made such progress that we can now send pictures by wireless."

Old Lady Listener:—"Really, ready framed?"

Before attempting his first "solo" an aviation student inquired anxiously: "What happens, sir, if the parachute fails to open?"

"You come back, sonny, and I'll give you another one."

Stomach Ulcers

Ulcers in the stomach result from irritation caused by improperly digested food. Neglect to properly treat indigestion is responsible for this distressing condition. Chronic indigestion usually disappears when Dr. Chase's Kidney-Liver Pills are used to keep the liver, kidneys and bowels in healthful action.

Derangements of the Kidneys

A number of the most painful and most fatal diseases develop from disorders of the kidneys. For this reason prompt attention should be given to any derangements of these important filtering organs.

As a means of preventing diseases of the kidneys and relieving them when not too far developed Dr. Chase's Kidney-Liver Pills are most effective. When not the result of strain or injury kidney trouble almost always develops as the result of sluggish liver and bowel action. The whole work of filtering poisons from the blood is thrown onto the kidneys and they break down.

The remarkable success of Dr. Chase's Kidney-Liver Pills in the relief of kidney disorders is the result of their promptness in arousing the action of the liver and bowels and thereby taking the burden off the kidneys.

This is why this treatment usually succeeds in complicated cases in which ordinary kidney medicines fall down.

Some Mistake

Irate Customer.—"Waiter, there's a fly in my soup!"

Waiter (soothingly).—"Oh, no, sir, you're mistaken. That's one of those new Vitamine Bees that we serve with each and every order."

"I'm cutting quite a figure," said the chorus girl as she sat on a broken bottle.

"Well, I've lost another pupil!" said the professor, as his glass eye fell to the floor.

Her.—"I don't know whether to buy a brass or mahogany bed."

His.—"Lady, you can't go wrong on a brass bed."

She took the mahogany one.

"What makes you think a celebration is taking place?"

"Why, can't you see for yourself that nearly the whole house is lit?"

Severe Kidney Trouble

Mrs. MARIÉ A. GAGNON, Donatville, Att writes:—"I lost forty-five pounds in a short time, due to suffering from kidney trouble. My back used to ache, I was very pale, I would rise in the mornings with eyes, hands, limbs and ankles swollen. My bowels were always irregular in action, and my kidneys became so affected that they almost refused function. Then I developed rheumatism and sciatic pains. I was forced to sit or lie down most of the time, could do none of my work and became really discouraged. As both medicines failed me I ordered some of Dr. Chase's Kidney-Liver Pills for a trial. It was not long before there was an improvement in my condition, and now I am entirely better. I cannot praise Dr. Chase's Kidney-Liver Pills highly enough. I recommend them to everybody I know who suffers from such ailments as I did and always keep a box on hand in case of emergency."

Bilious Attacks and Rheumatism

Mrs. FLORA PRESCOTT, North Hatley, Ont. writes:—"I was troubled with rheumatism, bilious attacks and headaches for over five years and when in bed could not raise up without help. I tried almost every medicine I could think of, but did not get much relief, until finally I decided to use Dr. Chase's Kidney-Liver Pills, through a friend's advice. They completely restored me, and the old symptom from which I had suffered so long entirely disappeared."

"I know a place where women don't wear anything except a string of beads once in while."

"Holy gee, where?"

"Around their necks, stupid."

Had Backache For Years

Mrs. HARRIET EDEL, R. R. No. 2, Lion's Head, Ont., writes:—"I suffered for years with a bad back, and at times went about my work almost bent double. If I straightened up at all, it would cause me severe pain. No medicines or treatments helped me, and at last I became so bad I had to go to bed. I was treated for 'floatin' kidney' but kept getting worse, sometimes screaming with pain. Whenever I moved, the pain would catch the small of my back and would hold me for as long as five minutes. A neighbor advised Dr. Chase's Kidney-Liver Pills and I am so thankful that I tried them. In a week I was up and about and have never had any trouble with my back since taking Dr. Chase's Kidney-Liver Pills."

SAMPLE COUPON

DR. CHASE'S KIDNEY-LIVER PILLS

In this Almanac we have told you about Dr. Chase's Kidney-Liver Pills and what they have done for hundreds of thousands of people. Their efficiency is unquestioned.

But if they are to benefit you it is necessary for you to put them to the test. Try them for backache, and kidney derangements.

Put them to the test when you are bilious and the liver is sluggish. Give them a trial for constipation, indigestion and headache.

You will be surprised and delighted with the results. It won't cost you anything to make this test, but send to-day while it is on your mind. To-morrow never comes.

Name _____

Post Office _____ Prov. _____

Enclose 2 cent stamp for postage and address your envelope to The Dr. A. W. Chase Medicine Co., Limited, Toronto 2, Ont. A 1932

Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Aug. 1932	Moon's Phases	Ont. and Que. d. h. m.	Mar. Prov. d. h. m.	Local Mean Time Ontario, Quebec and Maritime Provinces		
								Sun Rises	Sun Sets	Moon Rises
1	M	♈	Begins fine		New Moon	2 4-42 p.	2 5 43 a.	4:45	7:27	3:10
2	T	♈	fine		First Qtr.	9 2 40 a.	9 3 40 a.	4:46	7:26	sets
3	W	♈	but		Full Moon	16 2 42 a.	16 3 42 a.	4:47	7:24	8:43
4	T	♈	mostly cool		Last Qtr.	24 2 21 a.	24 3 21 a.	4:48	7:23	8:33
5	F	♈	cool		New Moon	31 2 55 p.	31 3 55 p.	4:49	7:22	8:53
6	S	♈	Less sun-					4:50	7:20	9:12
7	S	♈	shine					4:51	7:19	9:33
8	M	♈	than usual					4:53	7:18	9:57
9	T	♈	in August					4:54	7:16	10:28
10	W	♈						4:57	7:12	11:08
11	T	♈						4:56	7:13	a.m.
12	F	♈						4:57	7:12	0:01
13	S	♈						4:59	7:10	1:06
14	S	♈						5:00	7:09	2:20
15	M	♈						5:01	7:07	3:37
16	T	♈						5:02	7:05	rises
17	W	♈						5:03	7:04	7:42
18	T	♈						5:05	7:02	7:59
19	F	♈						5:06	7:00	8:15
20	S	♈						5:07	6:59	8:31
21	S	♈						5:08	6:57	8:49
22	M	♈						5:09	6:56	9:11
23	T	♈						5:10	6:54	9:37
24	W	♈						5:12	6:52	10:10
25	T	♈						5:13	6:50	10:52
26	F	♈						5:14	6:49	11:46
27	S	♈						5:15	6:47	a.m.
28	S	♈						5:16	6:45	0:50
29	M	♈						5:18	6:43	2:02
30	T	♈						5:19	6:42	3:19
31	W	♈						5:20	6:40	sets

PALMISTRY



"Congratulate me, To! I am being married on Tuesday," this person announced to me.

"Yes," I said, "and you are going to be divorced also." I thought, as I noticed the division in two parts of the matrimonial line. They have my pity. What unhappiness there is going to be and saying she would like my congratulations.

Cutting

A girl met an old flame and decided to high tail him. "Sorry," she murmured, when the hostess introduced him to her. "I did not get your name." "I know you didn't," replied the old flame, "but that is not your fault. You tried hard enough."

"I want you to understand, sir, that my daughter is a pearl."

"So much the worse for you."

"How is that?"

"For then you must be an oyster."

A lady was walking along the road when she saw some calves running into a field. "Oh, what cute little cowlets," she said.

A farmer in the next field heard her and said: "Those aren't cowlets, those are bullets."

It Is A Fine Habit

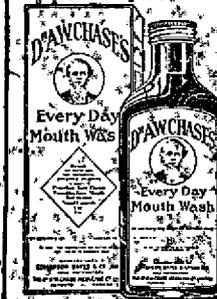
To rinse the Mouth after each Meal with a cleansing, Antiseptic Lotion

The pleasant, refreshing effect of using Dr. Chase's Every-Day Mouth Wash for rinsing the mouth in the mornings and after meals is a reward in itself. But more than that, it is also a most effective means of preserving the teeth and keeping the gums and mouth in a clean, antiseptic condition.

Remnants of food find lodgment between the teeth and at the base of the teeth. In spite of all efforts with the tooth brush, acid forms. The flint-like enamel of the teeth is cut into by this acid and the germs of decay gain entrance. This is known as acid decay.

To relieve this condition and to prevent further trouble the regular use of a strong antiseptic, such as Dr. Chase's Every-Day Mouth Wash, is absolutely necessary. It is at all times the surest safeguard against the germs of disease, most of which gain entrance to the body through the mouth.

Use it when the pink tinge on the tooth brush tells of tender gums and threatens



pyorrhea. Use it to sweeten the breath. Use it regularly because of the pleasant, refreshing sensation you get from having the mouth clean, sweet and antiseptic.

Dr. A. W. Chase's
Every-Day
Mouth Wash

August 9 Days Worked

Skin Blemishes of Neck and Back

Many women are annoyed by skin blemishes which cannot be overcome by ordinary creams or lotions. For such Dr. Chase's Ointment is recommended as a real beautifier of the skin.

The ointment should be applied freely at night after the skin has been thoroughly cleansed with warm water and pure soap. If a large surface is treated the ointment may be covered with a cloth so as to protect the garments and washed off with warm water in the morning. Try this and you will be delighted with the smoothness and softness which your skin acquires.



She asked for a book on what every young girl should know before marriage—and to her great consternation was handed a cook book.

"What are you doing at this party?"
"I'm looking for my husband."
"What's his name?"
"I don't know yet."

First Co-ed.—"What would you do if a swell looking salesman waited on you while you were buying underwear?"

Second Ditto.—"I think I'd have a fit."

Guard Against Infection

Since the dangers of blood poisoning are becoming better known most people realize the danger of neglecting to treat even the slightest wound or scratch with antiseptic treatment such as Dr. Chase's Ointment.

It is a serious matter to risk the loss of fingers, hands or life itself when careful treatment by cleansing the wound and applying Dr. Chase's Ointment is so simple.

Freshness of the Skin

What a charm there is in freshness of the skin. What so adds to the attractiveness of men or women as a clear fresh skin.

The usual effects of sun and wind are to make the skin dry and harsh. The use of cosmetics has a similar result.

To overcome this condition the skin should be thoroughly cleansed every night and Dr. Chase's Ointment applied and left on until morning.

With persistent use of this treatment the skin is kept clear and smooth, becomes finer in texture and is fresh and healthy in appearance.

Men usually apply the ointment after shaving.

Always Present.

"Well, George," said a country clergyman to an old man who sat by the wayside breaking stones, "that pile does not seem to get any less."

"No, Vicar," replied the old man: "them stones be like the Ten Commandments—ye can go on breaking 'em, but ye can't get rid of 'em!"

"It's a boy," said the nurse, entering the professor's room.

"Well, why bother me about it?" replied the professor. "Isn't my wife at home?"



« Baby's Skin »

What is so beautiful as baby's velvety, pink skin. How anxious is every mother to keep it so and to avoid the various irritations of the skin which not only mar baby's beauty but also cause much of baby's discomfort and suffering.

There is one preparation which is known and appreciated above all others in this connection and that is Dr. Chase's Ointment. It is so delightfully soothing and healing in its influence and so certainly effective as an antiseptic, that mothers have learned to depend upon it implicitly.

As a result you usually find Dr. Chase's Ointment along with baby's soap and when the bath is over the ointment is applied wherever there is chafing or any irritation of the skin.

Where two surfaces of the skin come together—as in the arm-pits and between the legs—there is, particularly in fleshy babies, much discomfort from chafing. Then there is the usual redness and irritation of the skin resulting from wetness of the diapers.

It is as a relief from this condition and as a preventive of eczema that Dr. Chase's Ointment is most appreciated.

The healing action of Dr. Chase's Ointment in such cases is truly remarkable, and its timely use will save baby a great deal of unnecessary suffering.



Dr. Chase's Ointment

In Tube or Box

Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Sept. 1932	Moon's Phases First Qtr... Full Moon... Last Qtr... New Moon...	Ont. and Que.		Mar. Prov.		Local Meas. Time. Ontario, Quebec, and Maritime Provinces		
						d.	h. m.	sd.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
1	T	♈	Fair			5.21	6.38	6.57				
2	F	♈	and	<i>Putting in Coats</i>		5.22	6.36	7.16				
3	S	♈	warm.			5.24	6.34	7.37				
4	S	♈	Bright	Fifteenth Sunday after Trinity		5.25	6.32	8.05				
5	M	♈	weather	Labor Day		5.26	6.30	8.30				
6	T	♈	is	<i>Picking Apples</i>		5.27	6.29	9.07				
7	W	♈	followed	<i>Putting on at 10 o'clock</i>		5.28	6.27	9.56				
8	T	♈	by	<i>Cash 2.00</i>		5.29	6.25	10.57				
9	F	♈	cool	<i>Cash 2.00</i>		5.29	6.23	a.m.				
10	S	♈	trains			5.32	6.21	0.08				
11	S	♈	Clears	Sixteenth Sunday after Trinity		5.33	6.19	1.23				
12	M	♈	and	<i>Putting on Coats</i>		5.34	6.17	2.38				
13	T	♈	remains	<i>in Barley at Herberts</i>		5.36	6.15	3.50				
14	W	♈	fine			5.37	6.14	rises				
15	T	♈	with	<i>Putting in Coats</i>		5.38	6.12	6.20				
16	F	♈	cool			5.39	6.10	6.37				
17	S	♈	night	<i>in Rectory</i>		5.40	6.08	6.54				
18	S	♈	Some	Seventeenth Sunday after Trinity		5.42	6.06	7.14				
19	M	♈	wind			5.43	6.04	7.30				
20	T	♈	and			5.44	6.02	8.03				
21	W	♈	rain			5.45	6.00	8.46				
22	T	♈	but	<i>Picking Apples & Digging Potatoes</i>		5.46	5.58	9.34				
23	F	♈	mostly	<i>Raining hard</i>		5.48	5.56	10.33				
24	S	♈	fair	<i>Picking Potatoes</i>		5.49	5.55	11.41				
25	S	♈	Fine	Eighteenth Sunday after Trinity		5.50	5.53	a.m.				
26	M	♈	warm	<i>Digging Potatoes</i>		5.51	5.51	0.54				
27	T	♈	days	<i>at Exhibition</i>		5.52	5.49	2.11				
28	W	♈	but	<i>at home</i>		5.54	5.47	3.29				
29	T	♈	ends	<i>Picking Potatoes</i>		5.55	5.45	4.47				
30	F	♈	cooler	<i>at home</i>		5.56	5.43	sets.				

5 or 6 days work

PALMISTRY



Will you be so kind as to look at this. Two crosses. One at the base of the first finger and one over the Mount of Venus. This one is going to love only once and the best of it is that in this once she will find complete happiness. In the meantime, there are many of us who have had our hearts mended a dozen times or more. There is no justice in this life.

USEFUL SUGGESTIONS

- Scorches.** A light scorch can be completely removed by bleaching. Place the fabric in the sunlight and keep it moist for an hour or two.
- Perfume Stains.** May be removed by laundering or by sponging with denatured alcohol.
- Rust from Nickel.** First grease the article well. Then, after a few days, rub with rag charged with ammonia.
- Mildew Stains.** Wet with boiling water, wring dry, then dip in sour milk, lay in sun and cover thickly with salt.
- Iodine Stains.** Washing in hot suds removes it from washable garments. Holding over steam of steam kettle close to spout removes it from unwashable garments. Continue for a minute or two after stain seems to be gone.
- Fruit Stains.** Soak in boiling water and if stains still remain bleach with hydrogen peroxide.
- Stains in Teacups.** Teacups are often seen with unsightly brown stains on the inside. These can be removed by rubbing well with salt while the cups are wet.
- Remove Rusted Screws.** Place a red hot iron on screw for 2 or 3 minutes. When screw is heated it will be found to turn quite easily.

Athlete's Foot

"Athlete's foot" is a new name for what is commonly known as itching of the toes or ringworm. About 50 per cent of people are said to be more or less annoyed by this trouble. There is itching of the skin and the skin becomes red and irritated and peel off. After bathing the feet with warm water and soap, preferably tar soap, apply Dr. Chase's Ointment. This ointment relieves the itching, destroys the tiny germs which cause the trouble and makes the skin soft and healthy.



How to Prevent Infection

While every burn or wound does not result in infection there is always that danger present. For this reason, anti-septic treatment should always be used so as to prevent blood poisoning. When blood comes allow the wound to bleed reasonably and then thoroughly cleanse it and apply Dr. Chase's Ointment. Light gauze or other clean cotton may then cover the wound. Besides preventing serious developments Dr. Chase's Ointment soothes the inflammation, heals the skin and leaves it smooth and natural.

Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Oct. 1932			Moon's Phases			Ont. and Que. d. h. m.			Mét. Prov. d. h. m.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				1st Qtr.	Full Moon	Last Qtr.	New Moon	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.
1	S	♏	1.00 Fair	Picking up Boston Pump	5.57	5.41	6.02	Hebrew New Year (Rosh Hashanah)										
2	S	♏	Fine	Nineteenth Sunday after Trinity	5.59	5.39	6.30											
3	M	♏	spell	Picking up Wind Jakes	6.00	5.38	7.05											
4	T	♏	3.00 Fog	Put in Pail with Pickles	6.01	5.36	7.51											
5	W	♏	by	Packing out Manure	6.02	5.34	8.49											
6	T	♏	wind	Loading Blocks with H.	6.04	5.32	7.58											
7	F	♏	and	Manure & Buckle for Pig	6.05	5.30	11.13											
8	S	♏	Brain	Packing out Manure & Went to B.	6.06	5.28	a.m.											
9	S	♏	Cooler	Twentieth Sunday after Trinity	6.07	5.27	0.28											
10	M	♏	and	Day of Atonement (Yom Kippur)	6.09	5.25	1.40											
11	T	♏	fair	Packing out Pickles & Pump	6.10	5.23	2.49											
12	W	♏	but	Finish Picking out Pickles	6.11	5.21	3.56											
13	T	♏	week	Put in Manure & Pump	6.14	5.18	rise											
14	F	♏	ends	First Day of Feast of Tabernacles (Succoth)	6.15	5.16	5.19											
15	S	♏	wet	Twenty-first Sunday after Trinity	6.16	5.14	5.42											
16	S	♏	Weather	Packing up Manure	6.18	5.12	6.09											
17	M	♏	Cool	Packing out Manure at Home	6.19	5.11	6.44											
18	T	♏	1.00	At Mill & Picking Apples	6.20	5.09	7.28											
19	W	♏	change	Packing Apples	6.22	5.07	8.22											
20	T	♏	able	After Dinner	6.23	5.06	9.25											
21	F	♏	with	At Home	6.24	5.04	10.35											
22	S	♏	tigh	Twenty-second Sunday after Trinity	6.26	5.02	11.48											
23	S	♏	winds.	Well at Mr. Gregor's	6.27	5.01	a.m.											
24	M	♏	Not	Well at Mr. Gregor's	6.28	4.59	1.02											
25	T	♏	much	Well at Van & Herries	6.30	4.58	2.19											
26	W	♏	sun-	Working at the Mill at Home	6.32	4.55	4.58											
27	T	♏	shing	At Mill at Herbert's	6.34	4.53	sets											
28	F	♏	this	Twenty-third Sunday after Trinity	6.35	4.52	4.59											
29	S	♏	0	Cleaning grain & Wells	6.37	4.50	5.41											
30	S	♏	Ends															
31	M	♏	wet															

17 days work - 7.50 Cash

PALMISTRY



"Oho! Girls do not lose their heads or time with this individual. He has the line of heart cut. He is the eternal bachelor. He is very well satisfied with himself and pretends that we are all perfect."

See also page 9—"The Line of Heart"

Proof

"Do you think the dead can communicate with us?"
 "I know they can't. Once I managed to borrow a dollar from a Scotsman. A week later he died. I haven't heard a word since."

Health and Beauty

Whether straight lines or curves prevail, there must be good vitality to give grace, elasticity of movement and the vivacity which makes beauty most appealing.

This is the day of the healthy, athletic girl. If you are lacking in strength and energy, Dr. Chase's Nerve Food will give you exactly what you require, for it makes the blood rich and red and gives you new vigor and energy.

Cautious

Little Boy—"Conductor, will you please give me a transfer?"
 Conductor—"Certainly. Where to, my little man?"
 Little Boy—"Oh, I can't tell you that. It's a surprise party."

He (after a spat over bills)—"When I marry you I thought you were an angel—and I'm still so, still."
 She—"It's quite plain that you do. I think I can manage without either dresses or hats."



Cleanliness of the Skin

The first secret of a beautiful skin cleanliness. In many cases, thorough cleanliness is all that is necessary in order to keep the skin clear and beautiful. cosmetics are used they must be completely removed by thorough washing with warm water, preferably at night before retiring.

If there are pimples or blackheads, roughness or irritations of any kind, Dr. Chase's Ointment should be applied and left on over night. This ointment possesses highly medicinal qualities and works almost magic results in beautifying the skin.

Hemorrhoids or Piles

Restrained by a sense of modesty, few people care to discuss diseases of the rectum.

And yet more people experience discomfort and distress from hemorrhoids or piles than from perhaps any other ailment.

Rather than ask friends about suitable treatment or seek the advice of their physician, they suffer on for an indefinite period.

More than a generation ago Dr. Chase's Ointment was introduced to the public as a treatment for hemorrhoids and other irritations of the skin. It was not new or untried even then but its merits are known now to the public as well as to the physician and it is recognized as the standard treatment for hemorrhoids.

It has won this enviable position because it positively brings relief almost as soon as applied. Thousands of letters have been received from people who have been relieved after suffering for ten, fifteen or twenty years.

Investigation will verify these statements but personal trial is the most conclusive evidence. Any druggist will supply you with Dr. Chase's Ointment and will tell you that it is universally used as a most effective relief for this annoying ailment.

"A man tried to kiss me last night.
"Did you slap his face?"
"Yes, indeed—as soon as he got through."
Young Husband—"Last night when I got home my wife had my chair drawn up before the fire, my slippers ready for me to put on, my pipe filled, and—"
Cynic—"How did you like her new hat?"

Sedentary life usually leads to digestive troubles, poisoning of the system and rheumatic pains. If you do not exercise, the use of Dr. Chase's Kidney-Liver Pills will ensure healthful activity of the liver, kidneys and bowels.

Escaped Operation for Piles

Mrs. Wm. HUGHES, Appin, Ont., writes:—"Dr. Chase's Ointment cannot be equalled. I used it for protruding piles of the worst kind. When the doctor said an operation was the only hope, I began to prepare for one, when I remembered reading about Dr. Chase's Ointment. I resolved to try it, and after using two boxes I had no trace of the piles. It was the greatest relief I ever got, and I only hope other sufferers who read this letter will lose no time in purchasing a box, and see for themselves the miracles it works. It will be the best investment they ever put their money into."

Had Piles 20 Years

MR. JOHN SUNDBLAD, Kenora, Ont., writes:—"I was troubled with itching hemorrhoids for over 20 years. I used a great many medicines and salves, but nothing helped me. Finally I gave up as being incurable, but still continued to suffer. One day, however, in a drug store, I saw Dr. Chase's Ointment and bought a box. I used it constantly, and am very thankful to say that I am now completely relieved after years of suffering."

A man touring Europe sent back a picture postcard bearing this message:
"Dear Son:
"On the other side you will see a picture of the rock from which the Spartans used to throw their defective children. Wish you were here."
"Your Dad."

Eczema Is Conquered

Because of its tendency to become chronic and spread to other parts of the body, a hard fight is sometimes necessary to overcome eczema. When you begin the use of Dr. Chase's Ointment, make up your mind that you will persist in this treatment until it has had an opportunity to relieve you and you will not be disappointed.

Bathe the affected parts in tepid water in which is dissolved a little castile or tar soap, dry carefully by gently pressing with a towel so as not to irritate the sore, and apply the ointment plentifully night and morning. If water proves too irritating use olive oil for cleansing.

When desirable, the ointment may be spread on a clean linen or cotton cloth.



At the Camp

"I never go to camp without Dr. Chase's Ointment. It is one of the first things I pack.

"There is always someone getting a cut or wound, and I don't believe in taking a chance with blood poisoning.

Then it is also great for insect stings and bites, ivy poison and sunburn.

"I find that hunters and fishermen nearly always have Dr. Chase's Ointment with them when they go into camp."

New Boarder—"When I left my last place, the landlady wept."

Landlady—"I won't. You'll pay in advance."

Dr. Chase's Ointment

Is invaluable wherever there is itchy skin or a sore that will not heal.

Among the troubles for which Dr. A. W. Chase's Ointment is used with splendid results are:

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

Dr. A. W. Chase's Ointment is positive relief for every form of itching, bleeding and protruding piles, pin worm and fistula.

Eczema's Tortures

MR. H. A. WATSON, Kenmore, Ont., writes: "I was troubled with a peculiar form of eczema on my legs, which at times became so bad that stranger would have said I would lose my limb. After using a great many remedies without results, Dr. Chase's Ointment has proved of the greatest benefit, a few applications being that was necessary to make the trouble disappear. I have also used Dr. Chase's Ointment for piles with excellent results."

New Sample Tube FREE

DR. CHASE'S OINTMENT

To show you what the new tube package looks like and to prove the superior merits of Dr. Chase's Ointment we will send you one sample tube free. Just fill in your name and address plainly and enclose 3 cent stamp for postage.

Name..... Address..... 1932

Dr. Chase's Every-Day Mouth Wash preserves the teeth.

Day of Month	Day of Week	Zodiacal Signs	Weather Forecasts	Nov. 1932				Moon's Phases			Opt. and Cub.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				Nov. 1932	1st Qtr.	Full Moon.	Last Qtr.	New Moon.	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sup. Rises	Sun Sets
1	T	♈	Clear	All Saints Day	6.38	4.49	6.36	5	1	50 a.	5	2	50 a.	13	3	28 a.	21	3	58 a.
2	W	♉	and	<i>Picking Apples</i>	6.39	4.47	7.44	13	2	28 a.	13	3	28 a.	21	3	58 a.	27	8	43 p.
3	T	♊	con	<i>at home</i>	6.41	4.46	9.00	21	2	58 a.	27	7	43 p.						
4	F	♈	finnes	<i>Banking House</i>	6.42	4.45	10.17												
5	S	♉	cool.	<i>Banking House</i>	6.43	4.43	11.31												
6	S	♊	Strong	Twenty-fourth Sunday after Trinity	6.45	4.42	a.m.												
7	M	♈	cold	Thanksgiving Day	6.46	4.41	0.41												
8	T	♉	winds	<i>Plowing</i>	6.48	4.39	1.49												
9	W	♊	but	<i>Plowing</i>	6.49	4.38	2.54												
10	T	♈	not	<i>Plowing</i>	6.50	4.37	3.58												
11	F	♉	much	Armistice Day	6.52	4.36	5.03												
12	S	♊	rain.	<i>at home</i>	6.53	4.35	6.09												
13	S	♈	Cloudy	Twenty-fifth Sunday after Trinity	6.54	4.34	rises												
14	M	♉	skies	<i>Plowing</i>	6.56	4.33	4.45												
15	T	♊	and	<i>Plowing</i>	6.57	4.32	5.26												
16	W	♈	high	<i>Plowing</i>	6.59	4.31	6.17												
17	T	♉	winds	<i>Plowing at home</i>	7.00	4.30	7.17												
18	F	♊	this	<i>Plowing at home</i>	7.01	4.29	8.23												
19	S	♈	week	<i>Plowing at home</i>	7.03	4.28	9.34												
20	S	♉	Fine	Twenty-sixth Sunday after Trinity	7.04	4.27	10.46												
21	M	♊	clear	<i>Plowing at home</i>	7.05	4.26	11.58												
22	T	♈	days	<i>Plowing at home</i>	7.07	4.25	a.m.												
23	W	♉	then	<i>Plowing at home</i>	7.08	4.25	1.12												
24	T	♊	cloudy	<i>Plowing at home</i>	7.09	4.24	2.29												
25	F	♈	and	<i>Plowing at home</i>	7.10	4.23	3.49												
26	S	♉	windy	<i>In Pictoria</i>	7.12	4.23	5.14												
27	S	♊	Ends	First Sunday in Advent	7.13	4.22	sets												
28	M	♈	clear	<i>Plowing at home</i>	7.14	4.22	4.18												
29	T	♉	and	<i>Plowing at home</i>	7.15	4.21	5.21												
30	W	♊	cold.	St. Andrew	7.17	4.21	6.37												

am work - Cash \$ 5.00

Keep the bowels regular with Dr. Chase's K. & L. Pills.

PALMISTRY



"This little lady has a divine voice, but is developing the commercial instinct. She should endeavour to secure a manager who has the small finger very large and soon marry him so as not to lose him."

What Causes Indigestion?

The commonest causes of indigestion are eating when over-tired, eating quickly, drinking during meals. Worry, anxiety or excitement also bring about this disagreeable complaint. Discover the cause in your case and start the treatment right away.

Improper feeding and lack of sufficient exercise account for most of our common ills. Relief comes quickly by the use of Dr. Chase's Kidney-Liver Pills.

Archery.

A girl's tongue is the arrow, there's a quiver in her voice and she soon finds a beau.

Young Billy had just returned from Sunday School and his mother asked him what the lesson was about.

"Gladly," he answered.
 "But who was Gladly?"
 "Oh, Gladly was a cross-eyed bear," Billy said.

The mother, on further investigation, found that the lesson had been on "Gladly the Cross-Eyed Bear."

"Am I the only man you have ever kissed?"
 "Yes and by far the best looking."

Dr. Chase's Liniment

Drives Out Pain

Whatever else may be missing from your medicine cabinet, there must be found there a good liniment. This need is, we believe, best supplied by Dr. Chase's Liniment, which the famous Receipt Book, with other described as the most effective liniment he ever used in his extensive practise.

Use it for Headache, Backache, Rheumatism, Lumbago and Sciatica. Rub it in for Sprains, Strains, Bruises, and as a relief from swelling and inflammation.

Dr. Chase's Liniment is a high-class preparation composed of essential oils and drugs. It is pleasant to use, warm and soothing in effect and surprisingly potent in driving out pains and aches.



Linseed and Turpentine

Are Nature's Specifics for
Bronchial Ills

Nature has provided specifics for many of the ills to which man is subject. Perhaps there is no better example than the treatment of coughs, colds and kindred ailments.

Linseed or flaxseed is what the doctors call a demulcent. In other words its value from a medicinal point of view is that it soothes and allays irritating and abrasions.

Being of the nature of mucilage it adheres to the mucous coating of the throat and bronchial tubes, relieving coughs and soothing bronchial irritations.

Turpentine is antiseptic, stimulating and sedative to the local nerves. Almost everybody knows the value of turpentine as a treatment for bronchial affections but it is little used on account of being disagreeable to take.

The combination of linseed and turpentine with some other equally valuable ingredients have made Dr. Chase's Syrup of Linseed and Turpentine a most effective and most popular treatment for coughs, colds, croup, bronchitis, asthma, etc.

"We want a girl to sell kisses at the bazaar. Have you had any experience?"
"I went to college."
"You're hired."

Pale, Weak Children

When children are dull and listless in school the cause may usually be attributed to low vitality. Pallor of the lips and gums indicate that the blood is thin and watery and that they need such treatment as Dr. Chase's Nerve Food to make the blood rich and red and to instil new vigor and energy into their nervous systems.

Children Like It

Pleasant to taste and quickly effective
in relieving Coughs, Colds and Croup

Dr. Chase's Syrup of Linseed and Turpentine is by many considered an ideal treatment for children's colds. First, children like it and that is often half the battle in getting them to take medicine regularly. Then, it is composed of simple ingredients of undoubted value and for this reason can be used with utmost safety so long as directions are followed. By small and frequent doses the best results are accomplished.

A married man, much against his own inclination, had to attend a fancy dress ball with his wife.

He went dressed as a Roman, but soon found the short, airy robes very draughty. Feeling thoroughly disgusted, he sat out in a corridor. A bright young thing, anxious to air her knowledge of Roman historical heroes, said brightly: "Ah! You are Appius Claudius."
"No, I'm not," he retorted. "I'm miserable as h—"

Check Bronchitis Before it is Chronic

It is only natural for "colds in the head" to find their way into the bronchial tubes and develop into bronchial congestion or bronchitis.

Many cases become serious and last for weeks and there is always a tendency for bronchitis to become chronic and return again and again.

For this reason you cannot afford to neglect any cold and should take quick action at the first indication that the cold is entering the throat or bronchial tubes. Dr. Chase's Syrup of Linseed and Turpentine is at once a most prompt and most effective treatment.

It affords relief at once and safeguards you, against the development of serious troubles.

HITS THE SPOT!

As a
quick relief for

Coughs

Colds

Croup

Bronchitis

etc.



Children's colds should be got rid of just as quickly as possible. It is the neglected hanging-on cold that weakens the lungs and develops into serious trouble.

No treatment for coughs and colds was ever so popular with the children as Dr. Chase's Syrup of Linseed and Turpentine. It is so pleasant to the taste, so delightfully soothing and healing and affords relief so quickly that children soon turn to it instinctively when choked up with a cold or annoyed by coughing.

It is mother's favorite treatment for croup and bronchitis, for she knows it will bring relief when the midnight coughing spasms set in. It is wise to always have a bottle at hand for prompt use in emergency.

Dr. Chase's Syrup of Linseed and Turpentine is well-known as a most effective treatment for coughs, colds, bronchitis, croup and asthma. For many years it has held its place in the homes of Canada as absolutely dependable and was never so popular as it is to-day.

Dr. Chase's Syrup of Linseed
and Turpentine

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.

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 certainly regulate the liver and remove the cause of trouble.

Nature's Cathartic

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 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.

Jaundice

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 direct action on the liver immediately arouses this important filtering organ to the performance of its functions:

Mr. R. R. THOMPSON, 15 Wright Ave., Toronto, Ont., writes: "Dr. Chase's Liver Medicine has done more for me than any other medicine. I was troubled with dizziness and vomiting spells for five years. I was advised to try this medicine, and did so, taking six bottles. I have not had an attack since first beginning this treatment."

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. It can only be sent by mail at buyer's cost for postage and weights under two pounds when packed.

A vegetable product, composed of roots and herbs, which have proven most effective as a relief for derangements of the liver.

As a Spring Tonic to purify the blood, sharpen the appetite and rejuvenate the system Dr. Chase's Liver Medicine is unrivalled

Check the cold with Dr. Chase's Linseed and Turpentine



Speedy Relief from Catarrh and Hay Fever

Catarrh usually develops from repeated "colds in the head." The linings of the nose, throat and bronchial tubes become inflamed. There is hawking and spitting to clear the throat, offensive breath, droppings into the throat, and the eyes become red and watery.

As the disease becomes more chronic there are pains in the head, deafness and feelings of fatigue and lassitude.

The greatest relief is obtained from the disagreeable symptoms of catarrh by the use of Dr. Chase's Catarrh Powder. This treatment thoroughly

cleanses and heals the irritated, mucous linings of the nose and throat.

As the symptoms of Hay Fever are very similar to those of catarrh, relief is obtained by using this treatment.

In chronic cases in which the system has become generally weakened by catarrh, constitutional as well as local treatment is required and Dr. Chase's Nerve Food should be used to enrich the blood and build up the general health while the Catarrh Powder is employed to relieve the disagreeable symptoms of catarrh.

Dr. Chase's Catarrh Powder

35c. a box, at all druggists.