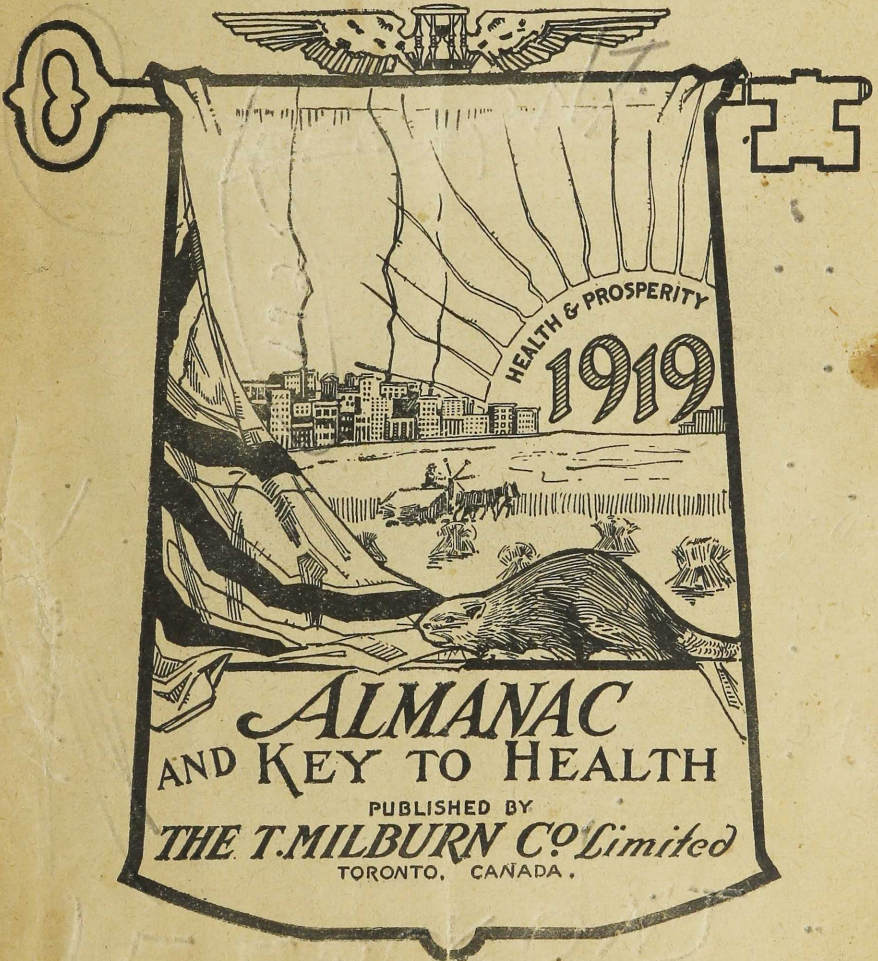


BURDOCK BLOOD BITTERS



Dominical Letter.....	E	Golden Number.....	1	Roman Indiction.....	2
Epact.....	29	Solar Cycle.....	24	Julian Period.....	6832

THE SEASONS

Sun enters Aries—Spring begins.....	March 21st, 11 a.m.	} Eastern Standard Time
Sun enters Cancer—Summer begins.....	June 22nd, 7 a.m.	
Sun enters Libra—Autumn begins.....	Sept. 23rd, 10 p.m.	
Sun enters Capricornus—Winter begins.....	Dec. 22nd, 4 p.m.	

FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....	Jan. 1	Lord Sunday.....	April 27	Dominion Day.....	July 1
Epiphany.....	Jan. 6	Accession, King George.....	May 6	Labor Day.....	Sept. 1
Septuagesima Sunday.....	Jan. 16	Victoria Day.....	May 24	St. Michael—Michaelmas Day.....	Sept. 29
Quinquagesima Sunday.....	Mar. 2	Rogation Sunday.....	May 25	Hallowe'en.....	Oct. 31
Ash Wednesday.....	Mar. 5	Birthday of Queen Mary.....	May 26	All Saints Day.....	Nov. 1
Quadragesima, 1st Sunday in Lent	Mar. 7	Ascension Day.....	May 29	First Sunday in Advent.....	Nov. 30
St. David.....	Mar. 1	Birthday King George V.....	June 3	St. Andrew's Day.....	Nov. 30
St. Patrick.....	Mar. 17	Whitsunday.....	June 8	Birthday Queen Alexandra.....	Dec. 1
Annunciation.....	Mar. 25	Trinity Sunday.....	June 15	Conception Day.....	Dec. 8
Palm Sunday.....	April 13	Corpus Christi.....	June 19	St. Thomas.....	Dec. 21
Good Friday.....	April 18	St. John Baptist (Midsum- mer Day).....	June 22	Christmas Day.....	Dec. 25
Easter Sunday.....	April 20	Birthday Prince of Wales.....	June 23		
St. George's Day.....	April 23				

MORNING AND EVENING STARS

Mercury—Will be at its greatest elongation east on March 21, July 18, November 12, when it may be seen soon after sunset in the western sky about those dates. At its greatest western elongation January 7, May 6, September 1 and December 21, when it may be seen early in the morning before sunrise in the eastern sky.

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

Mars—An evening star to May 9, and then a morning star rest of the year.

Jupiter—An evening star from January 2 to July 20, then a morning star rest of the year. The satellites of Jupiter are not visible from June 27 to August 11, owing to proximity to the Sun.

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

ECLIPSES 1919

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

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

II.—A partial eclipse of the Moon, November 7th, 1919. Beginning visible in eastern part of N. America, ending visible in N. America except extreme west. At Toronto the Moon enters the umbra 5h. 58m. p.m. Middle eclipse 6h. 44m. p.m. Leaves the umbra 7h. 30m. p.m. Magnitude 0.184.

III.—An annular eclipse of the Sun November 22nd, 1919, visible in eastern and central Canada as a partial eclipse. At Toronto the eclipse begins 7h. 42m. a.m. and ends at 10h. 15m. a.m. Magnitude 0.46.

The Calendar in this Almanac is based on Central Standard Time. Eastern Time one hour earlier. Western Time one hour later.

WEATHER WISDOM

If the full moon should rise red, expect rain.

A light yellow sky at sunset presages wind.

Hazy weather indicates frost in winter, snow in spring, fair weather in summer, and rain in autumn.

Three foggy mornings will surely be followed by a rain storm.

If ice on tree melts and runs off, rain will come next, if the wind cracks it off, snow will follow.

When the sky is full of stars, expect rain.

If the pigs are restless there will be windy weather. Pigs can see wind.

The direction in which the loon flies in the morning will be the direction of the wind the next day.

Flocks of crows signify a cold summer.

If the rooster crows at night he will get up with a wet head.

When the owl rests look out for a storm.

Cats with their tails up and hair apparently electrified, indicates approaching wind.

If a cat washes herself calmly and smoothly, the weather will be fair. If she washes "against the grain" take your rain-coat with you. If she lies with her back to the fire, there will be a squall.

When you see the northern lights, you may expect cold weather.

1919

53rd Edition

1919

THE SKEPTIC ANSWERED

"I HAVE no faith in patent medicines," says the skeptic, "they are only made to sell, their composition is a secret, and the mixture is patented."

"They are gotten up to sell," but what of that? So is every useful commodity.

"They are advertised." So should every valuable product be that is beneficial to the public.

"They are secret preparations, we don't know what they are made of." No more do you know what you take when a regular physician prescribes, as the prescription is written in Latin.

"But," says the objector, "proprietary medicines are patented." Well, so is every other valuable discovery. Every good physician has his favorite prescriptions, and keeps them secret, well knowing that he can compound them and prescribe them with safer and better results than could the unexperienced. Suppose for instance, we revealed the formula of any of our preparations how many could select the best articles and properly compound them?

In answer to the skeptic we can say that every preparation advertised in this book is carefully compounded from the purest and best of drugs, herbs, roots, barks, berries, and extracts it is possible to procure and the success of our different remedies is based on merit, for if this were not so they would not have held the confidence of the public for so many years.

Burdock Blood Bitters has been on the market for 40 years.

Dr. Fowler's Extract of Wild Strawberry 74 years.

Milburn's Heart and Nerve Pills 25 years

Milburn's Laxa-Liver Pills 25 years

Dr. Wood's Norway Pine Syrup 30 years.

Doan's Kidney Pills 34 years.

Hagyard's Yellow Oil and Pectoral Balsam over 50 years.

Dr. Low's Worm Syrup for over 40 years.

Surely the skeptic is convinced.

Do not accept a substitute, but insist on getting what you ask for, as our guarantee stands behind every bottle, or box of medicine leaving our laboratory.

Yours truly,

The T. Milburn Co., Limited,

Toronto, Ont.

Do You Suffer from Your Stomach? Do You Eat What You Like?

How often something tempting is on the table, but the dyspeptic patient dare not eat it. Why? Because the after suffering would be greater than the present pleasure. Dyspepsia is the great plague of modern civilization. There is not one Canadian in ten that is wholly free from it.

It haunts like a demon the homes of the land, and makes the sufferer feel miserable, hopeless, confused and depressed in mind, forgetful, irresolute, drowsy, languid and useless.

It takes no great knowledge to tell when one has indigestion or dyspepsia, some or all of the following symptoms generally exist: variable appetite, often a faint gnawing feeling at the pit of the stomach, with an unsatisfied craving for food, rising and souring of food, wind in the stomach, a feeling of weight in the stomach with choking sensations, etc.

The great point is to cure the dyspepsia, to get back bounding health and vigor, and this can be done by using Burdock Blood Bitters. During the past 40 years it has brought joy and hope to thousands of dyspeptics, helped them to eat three meals a day without suffering for it, given them a new stomach, by making easy the work of digestion and assimilation.

Burdock Blood Bitters is \$1.00 a bottle at all dealers.

Thought He Would Die

Mr. H. L. Fairweather, Cumberland Bay, N.B., writes: "I was troubled with my stomach for two years, and sometimes was so bad I thought I would die. I tried everything I ever heard tell of, and had medicine from three doctors, but continued to grow worse. One day I read of some wonderful cures made with Burdock Blood Bitters. After taking two bottles I could eat any kind of food without any bad effects, and by the time I had taken four I was in perfect health."

Suffered Agony After Eating

Mr. E. P. Fitzgerald, Springfield, Ont., writes: "I had what the doctor told me was acute indigestion, and I suffered great agony after eating, and could keep nothing on my stomach. I tried everything I heard of to get some relief, until my wife got a bottle of Burdock Blood Bitters. I used two bottles, and I can eat anything now, and it don't seem to distress me."

Now A Well Woman

Mrs. Claude Cormier, Brockton, P.E.I., writes: "I was troubled with indigestion, and was so bad I could not keep anything on my stomach. A friend of mine told me about your great remedy, Burdock Blood Bitters, and I tried two bottles and now I am a well woman."

Use Milburn's Heart and Nerve Pills for Weak Hearts

1st month

JANUARY

31 days

MOON'S PHASES

☾	New Moon	Appears on 2nd
☽	First Quarter	" " 9th
☾	Full Moon	" " 16th
☽	Last Quarter	" " 23rd
☾	New Moon	" " 31st

Day of Month	Day of Week	Sun		Moon	Weather
		Rises	Sets		
		H. M.	H. M.	H. M.	Probs.
1	W	7 24	4 43	6 48	Very cold turns mild
2	T	7 24	4 44	sets	
3	F	7 24	4 45	6 22	
4	S	7 24	4 46	7 31	
5	Sun	7 25	4 47	8 41	with light rains colder
6	M	7 25	4 48	9 52	
7	T	7 24	4 48	10 57	with wind and snow storms
8	W	7 24	4 49	12 01	
9	T	7 24	4 50	0 10	with light rains colder
10	F	7 24	4 51	1 24	
11	S	7 24	4 53	2 34	very cold for few days
12	Sun	7 24	4 54	3 44	
13	M	7 23	4 55	4 49	then mild and
14	T	7 23	4 56	5 48	
15	W	7 22	4 57	6 38	pleasant followed by sleet and snow
16	T	7 22	4 58	7 22	
17	F	7 22	4 59	6 42	turns cold
18	S	7 21	5 00	7 47	
19	Sun	7 20	5 02	8 51	foggy damp and cloudy
20	M	7 20	5 03	9 48	
21	T	7 19	5 04	10 50	to end
22	W	7 19	5 05	11 50	
23	T	7 18	5 06	12 01	
24	F	7 17	5 07	0 51	
25	S	7 17	5 09	1 50	
26	Sun	7 16	5 10	2 49	then foggy damp and cloudy
27	M	7 15	5 11	3 45	
28	T	7 14	5 12	4 38	
29	W	7 13	5 14	5 25	
30	T	7 12	5 15	6 07	
31	F	7 12	5 16	6 46	

JESTS FOR JANUARY

An Irishman who was rather too fond of strong drink was asked by the parish priest:—"My son, how do you expect to get into heaven?"

The Irishman replied:—"Shure, and that's aisy! When I get to the gates of heaven I'll open the door and shut the door, and open the door and shut the door, an' keep on doin' that until St. Peter gets impatient and says, 'For goodness sake, Mike, either come in or stay out!'"



MR. JOHN W. GOULDEN, Churchover, N.S., writes: "I had heart trouble, and

my nerves were all gone. Three boxes of Milburn's Heart and Nerve Pills completely cured me."



A LITTLE Irishman was being examined for admission to the army. He seemed all right in every way except one. The doctor said: "You're a little stiff." Quickly the Irish blood mounted as the applicant replied: "You're a big stiff."



MRS. WM. HEWETT, Ninga, Man., writes: "For several years I suffered very much from palpitation of the heart, and found nothing to give me so much relief as Milburn's Heart and Nerve Pills."



NEIGHBOR'S LITTLE GIRL—"When did you get back, Mrs. Browne? Did you have a nice time?"

NEIGHBOR—"Why, I haven't been away my dear."

NEIGHBOR'S LITTLE GIRL—"Haven't you really? I'm sure I heard mother say you and Mr. Browne had been at Loggerheads for a week."



MRS. ROY W. TRASK, Little River, N.S., writes: "I have used several boxes of Milburn's Heart and Nerve Pills for my son, age 12 years, who has been in a kind of nervous state, and I can truthfully say they have done him a world of good."



"JIMMIE SMITH is awful deceitful."

"In what way?"

"Well, sometimes he washes his face twice a week."

"What has that to do with it?"

"Well, the teacher thinks he's sick, and lets him go home."



MISS MILDRED BORLAND, Crandall, Man., writes: "I was so nervous that any little thing would frighten me. I took a box of Milburn's Heart and Nerve Pills, and I would certainly recommend them to anyone who is run down."

OBSTINATE SKIN DISEASES

The skin is liable to many diseases, both acute and chronic, such as eczema or salt rheum, erysipelas, tetter, nettle-rash, ringworm, boils, pimples, blotches, psoriasis, shingles, itching rashes, scald-head, ulcers, itch, etc.

All skin diseases arise from impure blood or some irritant or obstruction in the circulating fluids, minute flesh worms, etc., but in nearly all cases the circulating fluids are at fault, and chiefly the blood. If the blood is filled with corruption, it must break out in festering sores, or else poison and irritate some internal organ.

Burdock Blood Bitters by its action, regulates the secretions, cleansing the entire system of all impurities, foul humors and obstructions, and preventing or curing all diseases of the skin.

Price \$1.00 a bottle at all dealers.

Eczema All Over Body

Mr. Andrew Bowen, Highland Grove, Ont., writes: "I must say that Burdock Blood Bitters is a wonderful preparation. I had a very bad case of eczema which spread almost over my entire body. I tried doctors, home treatments and many other patent medicines, but with no results. A friend advised me to try B.B.B., and after taking five bottles, I am thankful to say they cured me completely."

Abscess on Jaw

Mr. Gleason R. Young, Kingscroft, N.B., writes: "About five months ago a lump came on my jaw bone. I thought it was a boil, and after it was there quite a while it began to get larger. I went to the doctor and he said it was an abscess, and lanced it. He gave me a wash for it, so I went by his directions until it healed up, but it commenced coming again, and in about three weeks it broke itself. I thought it would get better, but it didn't. A neighbor advised me to get a bottle of Burdock Blood Bitters so I sent and got a bottle, and by the time it was all gone the abscess had disappeared, and now it is all better."

Running Sores Cured

Mr. Roderick MacKay, Grand River Falls, N.S., writes: "Last winter I was troubled with running sores on my leg. I tried many different remedies, but all seemed to fail. I happened to come across a bottle of Burdock Blood Bitters, and I found that in a week's time I was all clear of the disease. I highly recommend B.B.B. for anybody who is troubled as I was."

Ringworm Cured

Mr. Henry Flack, Walkerton, Ont., writes: "I suffered from ringworm which I contracted taking care of cattle. I purchased a bottle of Burdock Blood Bitters, after using it internally and externally the ringworm disappeared."

Nerve-Wrecked People Should Use H. & N. Pills

2nd month **FEBRUARY** 28 days

MOON'S PHASES

- ☉ First Quarter..... Appears on 7th
- ☽ Full Moon..... " " 14th
- ☾ Last Quarter..... " " 22nd

Day of Month	Day of Week	Sun		Moon	Weather
		Rises	Sets	Sets	
1	S	H. M. 7 11	H. M. 5 17	H. M. 6 35	Very
2	Sun	7 10	5 18	7 39	stormy
3	M	7 09	5 20	8 46	turns
4	T	7 08	5 21	9 59	very
5	W	7 07	5 22	11 14	cold
6	T	7 06	5 23	12 02	followed
7	F	7 04	5 25	0 26	by rain
8	S	7 03	5 26	1 36	sleet
9	Sun	7 02	5 27	2 41	and
10	M	7 01	5 28	3 41	snow
11	T	7 00	5 30	4 32	and high
12	W	6 58	5 31	5 17	winds
13	T	6 57	5 32	5 55	then
14	F	6 56	5 33	rises	gets
15	S	6 55	5 34	6 36	mild
16	Sun	6 53	5 36	7 34	with
17	M	6 52	5 37	8 36	some
18	T	6 51	5 38	9 38	rain
19	W	6 49	5 39	10 38	turns
20	T	6 48	5 40	11 38	cold
21	F	6 47	5 42	12 03	with
22	S	6 45	5 43	0 35	snow
23	Sun	6 44	5 44	1 32	then
24	M	6 42	5 45	2 25	mild
25	T	6 41	5 46	3 14	and
26	W	6 39	5 47	3 59	unsettled
27	T	6 38	5 48	4 39	to end.
28	F	6 36	5 50	5 14	

FUN FOR FEBRUARY

The doctor was attending an injured woman who had come to his surgery with her arm severely bitten. As he dressed the wound he remarked.

"I cannot quite make out what sort of animal bit you. The wound is too small for a horse's bite and too big for a dog's."

"Oh, it wasn't an animal!" exclaimed the patient. "It was another lady."

MR. NEIL S. McFAYDEN, Hartley, Ont., writes: "I suffered with heart and nerve trouble so that I could not sleep at night. I used three boxes of Milburn's Heart and Nerve Pills and they fixed me up."

A FARMER bought his wife a revolver, and made her practice at a target, so

that she might be able to defend the house in his absence. After the bullet was dug out of his leg, and the cow buried, he said he guessed she'd better shoot with the axe.

Mrs. WESLEY WINGROVE, Courtland, Ont., writes: "After my little boy, ten years old, had typhoid fever his heart was very weak, We gave him Milburn's Heart and Nerve Pills with excellent results."

LECTURER (in small town)—"Of course you all know what the inside of a corpuscle is like."

CHAIRMAN OF MEETING (interrupting)—"Most of us do, but you better explain it for the benefit of them as have never been inside one."

Mrs. JOHN WATKINS, Iroquois, Ont., writes: "For some time I was troubled with palpitation of the heart and shortness of breath. I got some of your Milburn's Heart and Nerve Pills, and they did me all sorts of good."

"I DON'T know," cried the excited feminine voice in the darkness, "whether you are my husband or a burglar, but I'm going to be on the safe side and shoot."

Mrs. A. ROBBINS, North Buxton, Ont., writes: "I was so bad with heart trouble I had to sit up in bed to sleep. I got a box of Milburn's Heart and Nerve Pills, and inside a week I was another woman."

WE are offering a beautiful premium picture suitable for framing purposes to all who have used any of the preparations advertised in this Almanac. See inside back cover for particulars.

"Is Papa as strong as Samson, Aunty?"
 "Why, no, Willie, of course not."
 "Well, Mamma said he had you on his hands for two months."

BOILS, PIMPLES AND SKIN ERUPTIONS ARE ALL CAUSED BY BAD BLOOD

Boils, pimples and other skin eruptions are simply evidences of the bad blood within coming to the surface.

When you think you are cured of one, another seems to take its place and prolong your misery.

The only way to rid yourself of boils, pimples, and all skin blotches and blemishes so that they will never return to bother you again, is to purify your blood with Burdock Blood Bitters, the oldest and most highly thought of blood medicine on the market to-day. It removes every particle of foul material from the blood, and all unhealthy appearances of the skin must yield to this great blood cleansing remedy which will leave the complexion as smooth and clear as an infant's.

Price \$1.00 a bottle at all dealers.

Boils For Over a Year

Mr. C. D. Walp, Craik, Sask., writes: "I was troubled with boils, on my neck, for over a year. I tried everything I could think of, but they did me no good. One day a friend advised me to try Burdock Blood Bitters. I got three bottles, and before I had finished the third my boils had all disappeared."

Nine Boils Under Each Arm

Mrs. R. L. Pruner, Morrisburg, Ont., writes: "Two years ago, after

my baby was born, I had nine boils under each arm. At that time I was keeping a large boarding house, and I can tell you I suffered something awful. I was afraid to let the doctor examine them for fear that he would lance them. Instead I took Burdock Blood Bitters, and it cured me."

Large Itching Pimples

Mrs. Thomas E. Bulmer, Argenta, B.C., writes: "I broke out all over my body and face with a red rash which soon turned into large itching pimples, and I could not keep from scratching them. One day I got a bottle of Burdock Blood Bitters, and before I had taken half of it the itching had disappeared. I used three bottles, and I have not had the sign of a pimple since."

Itching Rash Cured

Mrs. G. F. Richard, Chipman, N.B., writes: "Last winter I had an itching rash all over me, and it was so bad I could not sleep at night. One day I was reading in your almanac about Burdock Blood Bitters, and thought I would give it a trial. I bought a bottle, and before it was all used the rash was gone, and I have not been troubled since."

For Cold, Clammy Hands and Feet use H. & N. Pills

3rd month

MARCH

31 days

MOON'S PHASES

- ☉ New Moon.....Appears on 2nd
- ☽ First Quarter..... " " 8th
- ☾ Full Moon..... " " 16th
- ☽ Last Quarter..... " " 24th

Day of Month	Day of Week	Sun		Moon	Weather
		Rises	Sets		
		H. M.	H. M.	H. M.	Probs.
1	S.	6 35	5 51	5 46	Strong
2	Sun	6 33	5 52	sets	winds
3	M	6 32	5 53	7 40	with
4	T	6 30	5 54	8 55	rain,
5	W	6 29	5 55	10 12	then
6	T	6 27	5 56	11 25	unsettled,
7	F	6 26	5 58	12 04	followed
8	S	6 24	5 59	0 33	by mild
9	Sun	6 22	6 00	1 36	clear
10	M	6 21	6 01	2 29	weather,
11	T	6 19	6 02	3 15	high
12	W	6 18	6 03	3 55	winds
13	T	6 16	6 04	4 29	and gales,
14	F	6 14	6 05	4 57	some
15	S	6 13	6 06	5 23	rain
16	Sun	6 11	6 07	rises	and
17	M	6 09	6 08	7 26	sleet,
18	T	6 08	6 09	8 27	turns
19	W	6 06	6 10	9 27	mild
20	T	6 04	6 12	10 25	for few
21	F	6 03	6 13	11 23	days,
22	S	6 01	6 14	12 01	then
23	Sun	5 59	6 15	0 16	rainy
24	M	5 58	6 16	1 06	and
25	T	5 56	6 17	1 51	stormy,
26	W	5 54	6 18	2 32	turns
27	T	5 53	6 19	3 08	very
28	F	5 51	6 20	3 40	cold
29	S	5 49	6 21	4 10	and clear,
30	Sun	5 48	6 22	4 42	then
31	M	5 46	6 23	5 19	mild.

MIRTH FOR MARCH

"Look here," said the wife reading a newspaper, "I see from the statistics given here that every third baby born in the world is a Chinese."

"Yes?" said the husband. "Then thank the Lord that this is our first."

MR. W. A. MALONE, New Liskeard, Ont., writes: "I have been troubled with palpitation of the heart, but after using six boxes of Milburn's Heart and Nerve Pills I found great relief."

MRS. O'GEOGHEGAN—"That's the matter wid yure goat, Mrs. Rourke? Sure the poor baste be lookin' thin."

MRS. ROURKE—"Yis, sorra's the day! He swally'd bottle uv Anti-Fat, an' thin tumbled into an excavayton an' knocked the cork out av it! Sure, he's pinin' away to a skilliton."

MR. WILLIAM GOULD, Minto, N.B., writes: "Anyone troubled with heart disease would do well to take Milburn's Heart and Nerve Pills, for after taking four boxes of them the pains in my heart completely left me."

MAMMA—"Ethel, what do you mean by shouting in that disgraceful fashion? Look how quiet Willie is!"

ETHEL—"Of course, he's quiet: that's our game. He's papa coming home late, and I'm you."

MISS DIANA DOUCETTE, Eel River Crossing, N.B., writes: "I suffered greatly, for over five years, from heart trouble. Before I finished the first box of Milburn's Heart and Nerve Pills, I felt much better. After taking two more I was completely cured."

MRS. TOMPKINS assured her husband that she never told him a lie nor ever would. Mr. Tompkins told her that he did not doubt it, but would hereafter cut a notch in the piano when he knew she deceived him.

"No, you won't," she screamed; "I am not going to have my piano ruined."

MRS. T. ULCH, Windsor, Ont., writes: "I have been troubled with my heart and nerves a great deal, and tried several remedies without any effect. After taking three boxes of Milburn's Heart and Nerve Pills I was completely cured."

HAVE you used any of the preparations advertised in this Almanac? If so, see inside back cover for our free offer of a beautiful picture suitable for framing.

Why Suffer From Headaches when You Can be Quickly Cured ?

Headaches are one of the most aggravating troubles a person can be tormented with. They are many and varying; but when the headache starts you may be sure that there is some other chief cause of this most painful difficulty. The stomach may go wrong, the bowels become constipated, the blood may not circulate properly, but the presence of the headache clearly shows that there is some painful disease which is liable to assert itself unless the cause of the headache is removed.

Get rid of the headaches, and thus perhaps save yourself many years of trial and suffering.

Burdock Blood Bitters has, for the past 40 years, been curing all kinds of headaches, and has proved itself to be a remedy that cures after all others have failed. It does this by removing the cause of the trouble.

Price \$1.00 at all dealers.

Would Go Almost Blind

Mrs. Geo. Mouck, Arden Ont., writes: "I have been troubled a great deal with sick headaches, and at times would go almost blind, and have to go to bed. I tried different kinds of medicine without any benefit, until I was advised to try Burdock Blood Bitters. After taking it I have not been troubled since."

Had Bad Headaches

Mrs. E. Sandwell, Uththoff, Ont., writes: "I was troubled with bad headaches! I tried several medicines, but they did me good only for the time being. I was advised by my druggist to try a bottle of Burdock Blood Bitters, and after using two bottles I have not suffered with headaches for two years."

Severe Headaches Cured

Mr. J. F. Kindree, Mount Brydges, Ont., writes: "A year ago I was troubled with severe headache, and in a short time my stomach became so affected I could not eat. My brother advised me to try a bottle of Burdock Blood Bitters, and after I had used half of it I began to feel better. I used six bottles and am cured."

Weak and Sick All the Time

Mrs. D. A. Smith, Culloden, Ont., writes: "I used three bottles of Burdock Blood Bitters, and would highly recommend it to any one who was run down as I was. I find that it is better than any doctor. I was weak and sick with headaches all the time, and couldn't get around to do my work. I now find myself well and strong again."

We will mail you a beautiful picture, suitable for framing. For our offer of this premium see inside back cover.

If the Heart Palpitates Take Heart and Nerve Pills

4th month **APRIL** 30 days

MOON'S PHASES

- ☾ First Quarter..... Appears on 7th
- ☽ Full Moon..... " " 15th
- ☾ Last Quarter..... " " 23rd
- ☽ New Moon..... " " 29th

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
		H. M.	H. M.	H. M.	
1	T	5 44	6 24	7 42	Cool and unsettled, then snow
2	W	5 43	6 25	9 03	
3	T	5 41	6 26	10 17	
4	F	5 40	6 28	11 24	
5	S	5 38	6 30	12 00	
6	Sun	5 36	6 31	0 24	or
7	M	5 35	6 32	1 14	rain,
8	T	5 33	6 33	1 55	followed
9	W	5 31	6 34	2 31	by
10	T	5 30	6 35	3 00	sharp
11	F	5 28	6 36	3 25	frosts,
12	S	5 27	6 37	3 53	heavy
13	Sun	5 25	6 38	4 21	rains
14	M	5 24	6 39	4 45	and
15	T	5 22	6 40	rises	strong
16	W	5 20	6 41	8 17	winds,
17	T	5 18	6 42	9 16	turns
18	F	5 17	6 43	10 09	warm
19	S	5 16	6 44	11 01	and
20	Sun	5 14	6 45	11 47	fine,
21	M	5 13	6 46	12 01	thunder
22	T	5 11	6 47	0 27	storms,
23	W	5 10	6 48	1 05	followed
24	T	5 09	6 49	1 33	by fine
25	F	5 07	6 50	2 09	pleasant
26	S	5 06	6 51	2 37	spring-
27	Sun	5 04	6 52	3 12	like
28	M	5 03	6 54	3 45	weather.
29	T	5 02	6 55	4 21	
30	W	5 00	6 56	sets	

ANECDOTES FOR APRIL

Mrs. KAWLER—"Then you and young Mr. Sharpe are not on speaking terms any more?"

Mrs. BLUNDERBY—"No, indeed. The last time I met him I told him my husband had locomotive atacksia, and the young whipper-snapper had the impudence to ask me if he whistled at crossings."

☽ ☽

Mrs. C. C. FRASER, Truro, N.S., writes: "I had awful attacks of heart trouble. I tried a box of Milburn's Heart and Nerve Pills and got relief at once."

☽ ☽

He was an Irish soldier just returned from overseas, and they asked him if he

had met with much hospitality abroad. "Hospitality did you say? Why, I was in the hospital nearly all the time."

☽ ☽

Mrs. WM. PEPPER, Oromocto, N.B., writes: "My husband used Milburn's Heart and Nerve Pills when he could not sleep at night, and finds that there is nothing better, and cannot praise them enough."

☽ ☽

"PAPA, didn't you whip me once for biting little Tommy?"

"Yes, my child, you hurt him very much."

"Well, then, papa, you ought to whip sister's music teacher, too; he bit sister yesterday right on the lips, and I know it hurt her, because she put her arms around his neck and tried to choke him."

☽ ☽

MISS MABEL TRATES, Moncton, N.B., writes: "I suffered greatly with my nerves and became so weak at times I could not work. I got a box of Milburn's Heart and Nerve Pills, and soon found relief."

☽ ☽

A MAN dining in a Toronto hotel hit his neighbor with his elbow and didn't apologize, and pretty soon the neighbor jabbed his elbow into the offender's ribs, and the latter said: "You think you're smart, don't you?" and then proceeding to cut his meat, drove a dig into the other, and then they clinched, and it took four waiters and the clerk to get them apart, and they had to pay \$27.00 a piece for broken crockery and furniture.

☽ ☽

MISS HILDA KELLY, Mayo, Que., writes: "I had been very nervous for some time. I used Milburn's Heart and Nerve Pills, and since then I have not had any trouble with my nerves."

☽ ☽

FREE—A beautiful picture suitable for framing, for all those who have used any of the preparations advertised in this Almanac. See inside back page for particulars.

Weak Hearts are Very Common

No doubt you are aware that your heart is a muscular, self-acting pump. The contractions of the muscular fibres of which it is composed, pump the blood to the farthest extremities of the body. These muscle fibres have an immense amount of work and strain thrown upon them, and no wonder we hear of one and another dying through "heart failure," or falling in a faint on our streets through heart weakness.

The cares and anxieties of the present time, the worries of business life, the drains of maternity and of maturing boyhood and girlhood, the excessive use of tobacco, tea, coffee, etc., all tend to weaken the heart, destroy the nerve mechanism, and bring about a train of symptoms which make life a burden, enthrone misery and banish happiness.

When you find your heart palpitating, skipping beats, throbbing, have pains in the chest, smothering feeling, feel faint and dizzy on rising quickly, etc., you may be sure that your heart is affected in some way.

Those who have any symptoms of heart weakness at times should not fail to strengthen the heart muscles by the use of Milburn's Heart and Nerve Pills. They exert a specific action in restoring the flabby muscles of a weakened heart, giving it tone and strength.

Milburn's Heart and Nerve Pills are 50c. a box at all dealers or mailed direct on receipt of price.

Trouble With Heart

Mrs. Wilfred E. Levere, Morrisburg, Ont., writes: "Last spring I had trouble with my heart and the doctor could not do me much good. A friend told me of Milburn's Heart and Nerve Pills, so I decided to give them a trial. I only had to take one box and they cured me completely. To anyone troubled with their heart and nerves, I shall recommend them."

Never Feels Heart Weak

Mrs. Wesley Matthews, Mansfield, Ont., writes: "I have used Milburn's Heart and Nerve Pills with the greatest of success. I felt better after using the first two boxes and continued until I had used \$5.00 worth. I never feel my heart weak now, and that was over a year ago. I always keep them on hand as they are such a help at monthly periods. I hope they will help others as they helped me."

Had To Sit Up In Bed

Mrs. Jos. Latimer, St. John, N.B., writes: "At night I could not sleep; I had to sit up in bed, my heart beat so fast, and when I walked up stairs I would get all out of breath. A friend recommended Milburn's Heart and Nerve Pills, and after using two boxes I can sleep all right, and am not out of breath after walking. I will gladly tell my friends what they have done for me."

5th month **MAY** 31 days

MOON'S PHASES

- ☉ First Quarter.....Appears on 6th
- ☾ Full Moon..... " " 14th
- ☽ Last Quarter..... " " 22nd
- ☽ New Moon..... " " 29th

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
1	T	H. M.	H. M.	H. M.	Fine and warm, then
2	F	4 59	6 56	9 04	
3	S	4 58	6 57	10 09	
4	Sun	4 57	6 58	11 05	becomes unsettled, turning cool with some sharp frosts,
5	M	4 55	6 59	11 51	
6	T	4 54	7 00	12 01	
7	T	4 53	7 01	0 31	turns warm and sultry, followed by rain and
8	W	4 52	7 02	1 02	
9	T	4 51	7 03	1 31	
10	F	4 50	7 04	1 56	turns warm and sultry, followed by rain and
11	S	4 48	7 05	2 25	
12	Sun	4 47	7 06	2 48	
13	M	4 46	7 07	3 15	thunderstorms, continues rainy and windy, then
14	T	4 45	7 08	3 43	
15	W	4 44	7 09	4 12	
16	T	4 43	7 10	4 41	cold and chilly for some days, unsettled.
17	F	4 42	7 11	5 10	
18	S	4 41	7 12	5 40	
19	Sun	4 40	7 13	6 10	cold and chilly for some days, unsettled.
20	M	4 40	7 14	6 40	
21	T	4 39	7 14	7 10	
22	W	4 38	7 15	7 40	cold and chilly for some days, unsettled.
23	T	4 37	7 16	8 10	
24	F	4 36	7 17	8 40	
25	S	4 36	7 18	9 10	cold and chilly for some days, unsettled.
26	Sun	4 35	7 19	9 40	
27	M	4 34	7 20	10 10	
28	T	4 34	7 21	10 40	cold and chilly for some days, unsettled.
29	W	4 33	7 22	11 10	
30	T	4 33	7 22	11 40	
31	F	4 32	7 23	12 10	cold and chilly for some days, unsettled.
	S	4 32	7 24	12 40	

MERRIMENT FOR MAY

"DEAR MIS.—you writ me about whipping Sammy. I hereby give you permission to beet him up any time it is necessary to learn him lessons. He is just like his father—you have to learn him with a clubb. Pound nolege into him. I want him to get it and don't pay no attention to what his father says. I'll handle him."

☉ ☉

MISS IVY M. GREGORY, Strathroy, Ont., writes: "I have suffered a great deal with my heart and nerves. I started to take Milburn's Heart and Nerve Pills, and I have been improving ever since."

A YOUNG couple were getting married. Suddenly some absurd idea enters the head of the bridegroom, and he bursts out laughing. Thereupon the old clergyman who is officiating pauses a moment and says gravely, "Don't laugh, my friend. You'll have little occasion for mirth in the state you are now entering."

☉ ☉

MRS. GEORGE W. COATES, Cornhill, N.B., writes: "I have used Milburn's Heart and Nerve Pills, and I can truly say that they are a great medicine for the heart and nerves, and build up the run-down system."

☉ ☉

"SAY, Mr. Primrose," began little Johnny, "are you going to fire off crackers between your teeth?"

"No, my young friend; I'm going to celebrate this glorious anniversary delivering an oration. Whatever put such a foolish idea into your head?"

"Oh! I heard pa say you were going to shoot off your mouth."

☉ ☉

MRS. THOMAS DAVIDSON, Mount Brydges, Ont., writes: "I have been a great sufferer with nerve troubles and palpitation of the heart. After using one and a half boxes of Milburn's Heart and Nerve Pills, I am fully recovered."

☉ ☉

"WHAT would your mother say, little boy," demanded the passerby virtuously, "if she could hear you swear like that?"

"She'd be tickled to death, if she could hear me," answered the bad little boy. "She's stone deaf."

☉ ☉

MRS. MARSHALL TYLER, Orland, Ont., writes: "I was troubled with what the doctor called enlarged heart. I decided to try Milburn's Heart and Nerve Pills, and I can say that they helped me so much I will praise them to everyone."

☉ ☉

SEE inside back page for our offer of a beautiful premium picture.

A Woman's Heart at Various Periods

The Young Girl just budding into womanhood has a special drain on her system during this formation period. She is often subject to dizzy spells, palpitation, sinking spells, fits of melancholia, nervous tremblings, feeling of languor, and many other signs of disordered heart and nerve action.

Milburn's Heart and Nerve Pills is the very best remedy mothers could give their daughters. They bring animation, life and strength; the sparkle comes to the eye and roses to the cheeks; pains and aches vanish and the health is built up.

Motherhood. The woman about to become a mother is peculiarly liable to heart and nerve disturbances. She is often fitful, capricious, bad tempered. She really can't help it. Her nerve energy is being drawn upon heavily, and her heart is being overtaxed to supply blood for a new life.

A course of Milburn's Heart and Nerve Pills at this time furnishes the properties that are being drained from the system, and keeps the mother in a perfect state of health.

The Change of Life is a serious time in a woman's career. About this time there is often great nervous prostration, hysteria and melancholia. The heart palpitates, the arteries of the neck throb, there is dizziness, rush of blood to the head, feelings as of pins and needles, hot flushes and general weakness. These may also be overcome and prevented by the use of Milburn's Heart and Nerve Pills. Price 50c. a box at all dealers, or mailed direct on receipt of price.

Was Very Ill at Change of Life

Mrs. H. Membery, 325 Seaton St., Toronto, Ont., writes: "I have used Milburn's Heart and Nerve Pills and found them to be of great benefit to me, in fact, I consider they saved my life, and I have told many of my friends about them. Two years ago last November I was in poor health. The doctor said it was the change of life, as I was over forty years old, and that I would have to be very careful of myself. Shortly after that I received an awful shock that nearly killed me. The doctor my husband sent for said I would soon be all right, and sent up some medicine, but it only seemed to increase the trouble. I was then taken to the hospital. The doctors examined me, but could not understand my case. I took no interest in anything. Then they sent for a specialist, as they began to think it was my mind, but I was quite sensible and could read their thoughts. When the specialist came he was baffled, for I answered his questions alright. Every day I was getting weaker, and when my husband came he could see that I was going, as I could read his thoughts, but said nothing. Next day friends came with a cab and took me to their home. They got a box of Milburn's Heart and Nerve Pills. I started taking them and began to get better, and at the end of two weeks I could walk around the room. I am now well and able to do my own work."

Use Milburn's Laxa-Liver Pills to Stop Heartburn

Palpitation and Throbbing

Few escape attacks of these troubles at some period of life.

In the milder form there is a fluttering, all-gone sensation. In severer forms, the heart beats violently, the arteries pulsate visibly, the skin is flushed and the sufferer has a smothering, choking feeling.

Could Count Every Beat of Her Heart

Mrs. Walter Grieves, Apsley, Ont., writes: "I had been run down, and doctors told me I was anemic, but did not help me with their medicines. I could not sleep nights. My heart palpitated so I could count every beat. I used to have such dizzy spells I would have to go to bed. I was not able to do my work for eight months. A cousin of mine had taken Milburn's Heart and Nerve Pills, and she told me what they had done for her. I took eight boxes of them, and now I am able to help every day with the work. I am so thankful to tell others what they have done for me, so that they may try this great and wonderful remedy, and I hope this may prove good to some one who is suffering the way I did."

Palpitation of the Heart

Mrs. Wm Steeves, Chemical Road, N.B., writes: "I have been a great sufferer from nerve troubles and palpitation of the heart which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies but got no

help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box I was feeling very much better. I took, in all, three boxes, and now I am in perfect health, and can enjoy a good sound sleep, and can lie on my left side without any trouble."

A Friend to the Aged

When men and women get past middle life, their energy and activity, in many instances, begin to decline, and their general vitality is on the wane.

The nerves become more or less unsteady, and the heart action is weak and uncertain. Little sicknesses and ailments seem harder to shake off than formerly and, here and there, evidences of a breakdown begin to appear. Those who wish to maintain their health and vigor and retain their energy unimpaired should use Milburn's Heart and Nerve Pills.

73 And Feels Fine

Mr. J. Bronson, Swift Creek, B.C., writes: "I had a weak heart, and was advised by my neighbors to try Milburn's Heart and Nerve Pills. I got two boxes and took them regularly, and felt I was getting better. I sent for two more, and now I can go out and saw wood and get water without feeling tired and weak. I am now 73 years' old and feel fine. I can highly recommend your pills to anyone who has a weak heart, for it is a good remedy."

Always Take Care of Your Heart

Day after day one reads or hears of many sudden deaths through heart failure, and many people are kept in a state of morbid fear of death, become weak, worn and miserable, and are unable to attend to either their social or business duties, through the unnatural action of the heart.

To all such sufferers, Milburn's Heart and Nerve Pills will give prompt and permanent relief.

Honorably Discharged From Canadian Army and R.N. W.M. Police on Account of Weak Heart

Mr. Victor A. Tatton, Indian Head, Sask., writes: "It is with pleasure I am writing to let you know that I have been cured of weak heart by using Milburn's Heart and Nerve Pills. I had been a sufferer for nearly two years with heart trouble, and could get no relief by using other kinds of medicine. I had been in the Canadian Army for nearly ten months and was honorably discharged on account of my heart. I served in the R.N.W.M. Police, in 1917 and was also honorably discharged on the same account. A friend of mine advised me to use your pills. After taking three boxes I was completely cured."

Convalescents

People recovering from any serious sickness or operation usually find their system weakened and

their heart and nerves in an extremely weak and shaky condition, and it seems slow work regaining health and strength.

There is nothing to equal Milburn's Heart and Nerve Pills for helping convalescents to health. They supply the elements that are necessary to make the blood rich and red, invigorate the heart and brace up the nerves.

Weak and Nervous After Operation

Mr. W. E. Gratton, 44 Davenport Road, Toronto, Ont., writes: "My wife underwent a very serious operation three years ago. After leaving the Toronto General Hospital, she was in a weak and nervous condition. Having tried numerous medicines, from which she received practically no satisfaction, I decided to try Milburn's Heart and Nerve Pills. I am very pleased to say that they proved very satisfactory. She slept and ate well, and her whole physical condition improved wonderfully. I have always kept a box in the house, and found them very useful in cases of nervousness, sleeplessness and fatigue."

Weak Heart for 20 Years

Mrs. C. Ruttle, Udora, Ont., writes: "I have used your Milburn's Heart and Nerve Pills, and can safely say they have done me good. I was troubled with a weak heart for twenty years and when I took the pills they built me up like a new woman."

If Specks Float Before the Eyes Take Laxa-Liver Pills

5th month

JUNE

30 days

MOON'S PHASES

- ☾ First Quarter..... Appears on 5th
- ☾ Full Moon..... " " 13th
- ☾ Last Quarter..... " " 20th
- ☾ New Moon..... " " 27th

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
1	Sun	H. M. 4 31	H. M. 7 25	H. M. 10 25	Cloudy
2	M	4 31	7 25	11 01	
3	T	4 30	7 26	11 31	and dull,
4	W	4 30	7 27	11 59	followed
5	T	4 29	7 27	12 00	by
6	F	4 29	7 28	0 23	rain,
7	S	4 29	7 29	0 53	warm
8	Sun	4 29	7 29	1 18	and
9	M	4 28	7 30	1 44	fine,
10	T	4 28	7 30	2 17	then
11	W	4 28	7 31	2 53	some
12	T	4 28	7 31	3 33	thunder-
13	F	4 28	7 32	rises	storms,
14	S	4 28	7 32	8 27	cool
15	Sun	4 28	7 33	9 06	for
16	M	4 28	7 33	9 41	some
17	T	4 28	7 33	10 13	days,
18	W	4 28	7 34	10 42	then
19	T	4 28	7 34	11 09	rain
20	F	4 28	7 34	11 42	storms,
21	S	4 28	7 34	12 00	followed
22	Sun	4 29	7 35	0 12	by
23	M	4 29	7 35	0 46	fine
24	T	4 29	7 35	1 28	warm
25	W	4 29	7 35	2 15	weather
26	T	4 30	7 35	3 10	to
27	F	4 30	7 35	4 12	end of
28	S	4 31	7 35	sets	month
29	Sun	4 31	7 35	8 58	
30	M	4 31	7 35	9 30	

JOCULARITY FOR JUNE

PAT HOGAN that used to drive a team for me came running out of th' barn one mornin' yellin' like an Indian. "Whaddy think!" he howls, "McCarthy's hung his self t' a harness hook!"

"Shut up," sez I, "did y' cut him down?"

"Oi did not," sez he, "he ain't dead yet!"

☾ ☾

MRS. HARRY CUMING, Toronto, Ont., writes: "I have suffered three years from nerve trouble. I took three boxes of Milburn's Heart and Nerve Pills, and can say I am a well woman to-day."

A CALLER had mentioned that a neighbor had been obliged to shoot his dog because it had grown old and cross. After he had gone, little Edith, who had been very quiet since the dog was spoken of, surprised her mother by asking: "Mamma, when do you think papa will shoot Aunt Sarah?"

☾ ☾

MR. WILLIAM HILSON, Little Current, Ont., writes: "I was very bad with my heart. I only used two boxes of Milburn's Heart and Nerve Pills, and now I feel all right again."

☾ ☾

MISTRESS—"Did you tell those ladies I was out, Bridget?"

BRIDGET—"Yes, mum."

MISTRESS—"Did they say anything?"

BRIDGET—"Yis; wan said to the other, 'I didn't s'pose we wud foind her in, she's on the strates most uv the toime!'"

☾ ☾

MRS. T. McCANN, Orillia, Ont., writes: "I was troubled with leakage of the heart, but I found that Milburn's Heart and Nerve Pills cured me."

☾ ☾

"Do you know anything, doctor," said Mrs. Finnikin, "that will put a little color into my cheeks? I am so dreadfully pale."

"Well, madam," replied Dr. Blunt, "perhaps if I tell you that you have a hole in your stocking about the size of a quarter it may have the desired effect."

☾ ☾

MR. R. W. PHILIP, Padstow, Alta., writes: "I have been a great sufferer from nerve troubles and palpitation of the heart. After using three boxes of Milburn's Heart and Nerve Pills I am fully recovered."

☾ ☾

If you would like to secure one of our beautiful premium pictures suitable for framing, read our free offer on inside back cover.

Sleeplessness

There is many a man and woman tossing night after night upon a sleepless bed. The eyes do not close in the sweet and refreshing repose that comes to those whose heart and nerves are right. If the heart and nerves are not acting rightly, they can only be set right by the use of Milburn's Heart and Nerve Pills. They soon induce healthful refreshing sleep, not by deadening the nerves but by restoring them to healthy action, and removing all symptoms of heart trouble, which is often the cause of nervousness and sleeplessness.

Weak and Nervous—Could Not Sleep

Mrs. J. J. Bunyan, Pilot Butte, Sask., writes: "I have used Milburn's Heart and Nerve Pills, after having suffered from a terrible shock to my whole system. I was so utterly weak and nervous I could not sleep at night, and my appetite was very poor. I could not walk across the floor without trembling all over. I had hot flushes and fainting spells. When I was on the second box of your Heart and Nerve Pills I began to feel that they were doing me good, so I kept on until I had used six boxes when I felt like a different person. I am never without them in the house, and recommend them to all who suffer with their heart."

Tobacco Heart

Tobacco does not seem to affect all alike. Many men enjoy their smoke, live to a good old age, and

apparently suffer no ill effects from the use of the weed.

There are others though, on whose heart and nervous system tobacco produces serious results.

It causes palpitation, pain in the heart, irregular beats, makes the hands tremble, sets the nerves on edge, and the breath becomes short.

To counteract this demoralizing influence on the heart and nerves there is no remedy that equals Milburn's Heart and Nerve Pills.

They make the heart beat strong and steady, restore tone and vigor to the nerves, and remove all the evil results caused by tobacco.

The Nervous System

Our pace is so swift in all departments of life, that we scarce can give our nerves that opportunity for rest and quiet, so necessary for their proper action. Keen competition or incessant worry soon lessen our nerve force and leave us in a state of disorganization and debility, but the work must be done no matter how shattered the nerves are. Milburn's Heart and Nerve Pills will help you back to health and enable you to face the tasks before you with a clear brain and steady strong nerves. They will give you refreshing sleep, a good appetite and a mind free from care and anxiety.

Nervous Breakdown

Mrs. John Smith, Port Moody, B.C., writes: "For over a year I suffered from nervous breakdown. I took four boxes of Milburn's Heart and Nerve Pills and they cured me. I can now get a good night's rest without any trouble."

7th month JULY 31 days

MOON'S PHASES

- ☽ First Quarter..... Appears on 4th
- ☾ Full Moon..... " " 13th
- ☾ Last Quarter..... " " 20th
- ☾ New Moon..... " " 26th

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
		H. M.	H. M.	H. M.	
1	T	4 31	7 35	9 59	Opens fine and warm, then
2	W	4 32	7 35	10 26	
3	T	4 33	7 35	10 57	
4	F	4 33	7 34	11 21	
5	S	4 34	7 34	11 48	
6	Sun	4 35	7 34	12 00	warm
7	M	4 35	7 34	0 18	rains,
8	T	4 36	7 33	0 52	followed
9	W	4 36	7 33	1 30	by
10	T	4 37	7 33	2 14	cool
11	F	4 38	7 32	3 03	spell,
12	S	4 39	7 32	rises	turns
13	Sun	4 39	7 31	7 44	very
14	M	4 40	7 31	8 16	hot
15	T	4 41	7 30	8 45	and
16	W	4 42	7 30	9 14	sultry
17	T	4 42	7 29	9 46	for
18	F	4 43	7 28	10 16	several
19	S	4 44	7 28	10 48	days,
20	Sun	4 45	7 27	11 26	then
21	M	4 46	7 26	12 00	thunder-
22	T	4 47	7 25	0 09	storms,
23	W	4 48	7 25	0 59	weather
24	T	4 48	7 24	1 56	unsettled
25	F	4 49	7 23	3 01	and
26	S	4 50	7 22	4 09	cloudy,
27	Sun	4 51	7 21	sets	turns
28	M	4 52	7 20	7 59	hot,
29	T	4 53	7 19	8 27	then
30	W	4 54	7 18	8 58	showery
31	T	4 55	7 17	9 24	to end.

JOYFULNESS FOR JULY

JOHN, a rather backward rustic, sat at one end of the sofa and his sweetheart at the other. Both minds were too full to carry on conversation, but at last the lady spoke: "John what are you thinking about?"

John, awaking from his dreams, answered with a drawl. "Oh, jist the same as you are," and was surprised to get the retort:

"If you do I'll slap you."



MISS ANNIE KRAMER, Edmonton, Alta., writes: "I suffered from heart trouble for a long time. A few boxes of Mil-

burn's Heart and Nerve Pills completely cured me."



THE BISHOP (to child in his lap)—"My, my! What sturdy little legs!"

THEIR OWNER—"Oh, but you ought to see Muvver's!"



MRS. HOMER LEARN, Aylmer West, Ont., writes: "I do not think that any-one troubled with nervousness can find a better remedy than Milburn's Heart and Nerve Pills."



"MA, does pa kiss the cat?"

"Why, no; my son. What in the name of goodness put that into your head?"

"Cos, when pa came downstairs this morning, he kissed Sarah in the hallway, and said, 'That's better than kissing the old cat upstairs, ain't it, Sarah?'"



MR. H. A. YOUNG, Toronto, Ont., writes: "I had sharp pains shoot through my heart, and was so nervous I could not sleep at night. One box of Milburn's Heart and Nerve Pills relieved me; three completely cured me."



A DRUGGIST lately received a hurried call from a small girl who desired to purchase liniment and some cement.

"Liniment and cement?" repeated the druggist, puzzled by the unique order. "Going to use them at the same time?"

"Yes," promptly replied the youngster. "Ma, she hit pa with a pitcher."



MRS. M. C. MCCREADY, Wapella, Sask., writes: "I suffered terribly with my heart for nearly ten years, could scarcely do any work, and would nearly smother at times. I got a box of Milburn's Heart and Nerve Pills, and felt so much better that I kept on using them, and can truthfully say I feel like a new woman."

WEAK KIDNEYS SAP VITALITY

If Neglected Cause Untold Suffering

Kidney weakness is responsible for a great deal of suffering to-day. It causes more deaths than any other troubles outside of, perhaps, consumption and pneumonia. This is because it is usually unseen or neglected.

But it is easy enough to tell if your kidneys are weak. You may have only a backache—a dull, draggy ache through the small of your back, a lameness, soreness or stiffness, or sharp pains when bending over or lifting. There may be frequent thirst, scant, thick, cloudy, or highly-colored urine, brick dust deposit in the urine, burning sensation when urinating, puffing under the eyes, swelling of the feet and ankles, etc.

Any combination of these symptoms gives cause to suspect the kidneys. There is positive danger in neglecting kidney weakness, for the kidneys are the blood filters, and when they are too weak to do their work fully, there is slow poisoning which often leads to serious troubles.

Doan's Kidney Pills relieve the kidneys and bladder as a laxative relieves the bowels. Their action tends to drive out the poisons, making them strong and healthy.

Doan's Kidney Pills do not act on the bowels. If a laxative is necessary to keep the bowels open you should take Milburn's Laxa-Liver Pills at the same time.

Doan's Kidney Pills are put up

in an oblong grey box and the trade mark is "The Maple Leaf."

Price 50c at all dealers or mailed direct.

Could Hardly Bend Back

Mr. John Kernish, Kent Bridge, Ont., writes: "Just a few lines to let you know of the great relief I received from Doan's Kidney Pills. I could hardly bend my back when I arose in the morning, and was more or less in pain all day long, but thanks to "Doan's," after the first box the pain went away, and now I am all right again."

Severe Pains In Back

Mrs. John Simmons, Coleman, P.E.I., writes: "Some time ago my kidneys were so bad I had severe pains in my sides and back, and it was impossible for me to stand straight. I then got so bad I had to go to bed, and was that way for a week. I sent for some Doan's Kidney Pills, and I took just about one box, and was able to get up and do my own work."

Scarcely Turn in Bed

Mrs. John E. Cameron, Downeyville, Ont., writes: "I have suffered with my kidneys, and my back was so bad I could scarcely turn in bed. I took one box of Doan's Kidney Pills, and found I was better than I had been for a long time. I can safely say I am ten dollars in pocket by using your medicine."

Milburn's Heart and Nerve Pills Make Robust Men and Women

THERE IS NO EXCUSE FOR YOU HAVING WEAK KIDNEYS WHEN DOAN'S KIDNEY PILLS WILL CURE YOU

Doan's Kidney Pills are purely a pill for the kidneys, and the kidneys only, and have no effect whatever on the stomach, liver, bowels, or other organs. In the treatment of kidney trouble, a kidney remedy is needed, not a bowel remedy. Regular treatment is essential, and it is not a good plan to take four times a day a remedy which works on the bowels. While treating the kidneys, the bowels should be kept open, however, and for anyone who requires a laxative, Milburn's Laxa-Liver Pills are highly recommended, as they work in harmony with Doan's Kidney Pills.

Doan's Kidney Pills are the original, notwithstanding the claims of others, and when you ask for "Doan's" see that they are put up in an oblong grey box with our trade mark "The Maple Leaf" on the wrapper

Price 50c a box at all dealers or mailed direct.

Was Confined to Bed

Mrs. George Gray, Hopewell Hill, N.B., writes: "I had kidney trouble for over three years, and was so bad I was confined to my bed. First I contracted a bad cold and it went to my kidneys, and I suffered dreadfully. I got the doctor but he did me very little good. I tried all kinds of kidney pills but got very little help. One of my

neighbors came in to see me, and told me to get Doan's Kidney Pills, and give them a good trial. I used five boxes and they have cured me so that I can sleep all night without being disturbed, and I feel better in every way. I cannot say too much in favor of Doan's Kidney Pills."

Troubled Three Years

Mr. John Cameron, Baldwin, Ont., writes: "I was troubled with my kidneys for three years and tried several doctors. I got better for a little while but the same trouble came back. A friend told me to get a box of Doan's Kidney Pills, and before I had taken them I felt better, so I kept on until I had used five boxes. I am seventy years old, and I had given up that there was any help for me, but thanks to Doan's Kidney Pills I am cured."

Could Hardly Stand Pain

Miss Clara Nason, Marchbank, N.B., writes: "I feel it is only just and right for me to let you know what Doan's Kidney Pills have done for me. For two years I suffered with kidney trouble until I could hardly stand the pain any longer. My sister got me six boxes of Doan's Kidney Pills, which have given me wonderful relief. I cannot praise your medicine enough."

8th month **AUGUST** 31 days

MOON'S PHASES

- ☾ First Quarter.....Appears on 3rd
- ☾ Full Moon..... " " 11th
- ☾ Last Quarter..... " " 18th
- ☾ New Moon..... " " 25th

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
1	F	H. M. 4 56	H. M. 7 16	9 50	Opens with
2	S	4 57	7 15	10 19	
3	Sun	4 58	7 14	10 51	warm rains, then
4	M	4 58	7 13	11 27	
5	T	4 59	7 12	12 00	turns quite
6	W	5 00	7 10	0 08	
7	T	5 02	7 09	0 55	cool, warm
8	F	5 03	7 08	1 48	
9	S	5 04	7 07	2 48	
10	Sun	5 04	7 05	3 50	with cool
11	M	5 05	7 04	rises 7 17	
12	T	5 06	7 03	7 48	nights, followed by
13	W	5 07	7 01	8 21	
14	T	5 08	7 00	8 52	rain, then
15	F	5 09	6 59	9 27	
16	S	5 10	6 57	10 08	hot and dry,
17	Sun	5 11	6 56	10 55	
18	M	5 12	6 54	11 49	then unsettled
19	T	5 13	6 53	12 00	
20	W	5 14	6 52	0 50	with rain,
21	T	5 15	6 50	1 54	
22	F	5 16	6 49	3 01	
23	S	5 17	6 47	4 09	turns warm and
24	Sun	5 18	6 46	5 16	
25	M	5 19	6 44	6 25	sets and continues
26	T	5 20	6 42	7 27	
27	W	5 21	6 41	8 21	so to end of month.
28	T	5 22	6 39	9 26	
29	F	5 23	6 38	10 31	
30	S	5 24	6 36	11 36	
31	Sun	5 25	6 35	12 41	

AMUSEMENT FOR AUGUST

Mrs. HEMANHAW—"It takes nerve to wear an extremely short skirt these days."

HEMANHAW—"Yes, and I can think of a couple of other good reasons, too."



Mrs. FRED YOUTHRO, Bridgeport, N.S., writes: "I suffered for three years with my heart, and tried many medicines. Since using two boxes of Milburn's Heart and Nerve Pills I feel completely cured."



Mrs. RYAN—"They do be afther sayin' that old man Kelly has got loco-mother ataxy."

Mrs. MURPHY—"Well, he's got the money to run wan uv thim if he wants ter, but I'd rayther have a good horse any day."



Mrs. CHANDLER, Chester, N.S., writes: "I have been a great sufferer from nerve trouble and palpitation of the heart. After using one box of Milburn's Heart and Nerve Pills I am fully recovered, and am in a perfect state of health."



"HAVE you brought your gimlet with you?"

"Hush, Johnny," said Mrs. Yerger.

"Go to bed, sir!" cried Mr. Yerger.

"What do you mean?" asked Gus.

"I didn't mean nuffin'; 'cept I heard pa say you were coming up this evening to bore us all."



Mrs. EMIL BROOKS, Upper Gagetown, N.B., writes: "I had dizzy and weak spells, headaches, and fainting and blind spells. I had only taken two boxes of Milburn's Heart and Nerve Pills when I found great relief."



An old lady who had been introduced to a doctor who was also a professor in a university, felt somewhat puzzled as to how she would address the great man.

"Shall I call you 'doctor' or 'professor'?" she asked.

"Oh! just as you wish," was the reply; "as a matter of fact, some people call me an old idiot."

"Indeed," she said sweetly, "but, then, they are people who know you."



Mr. HARRY A. BARTON, Cole's Island, N.B., writes: "I used to have sharp pains shoot through my heart, suffered from shortness of breath, and was so nervous I could not sleep at night. A friend advised me to try Milburn's Heart and Nerve Pills, and after taking one box I found great relief; three boxes completely cured me."

DR. FOWLER'S EXTRACT OF WILD STRAWBERRY

Is without a doubt the safest and most reliable remedy in existence for the cure of diarrhoea, dysentery, colic, cramps, and all looseness of the bowels.

This wonderful bowel complaint remedy was first introduced to the public in the year 1845, 74 years ago, and it still stands unrivalled for every variety of summer complaint and fluxes.

It is a positive specific for that terrible scourge among children teething, cholera infantum, and accomplishes the most marvellous results without drugging and dosing with opiates and narcotics in the form and guise of soothing syrups.

Nearly all bowel complaints are due to bad blood and unhealthy bile, and are excited by improper diet, bad air, change of water, colds, eating unripe fruit or indigestible food, but no matter from whatever cause arising Dr. Fowler's Extract of Wild Strawberry will never fail.

Travellers subject to change of climate and, change of water and diet should never fail to carry a bottle of this sterling remedy to ward off sudden attacks of bowel complaint.

For seasickness we know of nothing that can equal it.

It is instantaneous in its effect; its action is pleasant, rapid, reliable and effectual; it does not leave the bowels in a constipated condition.

Price 35c a bottle at all dealers.

Thought She Would Lose Him

Mrs. C. W. Cooper, Collingwood, Ont., writes: "When my little boy was four months old, he had a very bad attack of summer complaint. Nothing that was prescribed by the doctor seemed to do him any good. He got steadily worse, until we thought we would lose him. One day a friend with children of his own, asked me if I had ever used Dr. Fowler's Extract of Wild Strawberry. I at once got a bottle, but with no hopes of it doing good, as so much else had failed, but to my surprise and wonder, I soon saw a change in baby to my great relief, and we soon had him well again. I now keep it in the house all the time, and when the children show any signs of diarrhoea it never fails to check the attack."

Half Bottle Cured Diarrhoea

Mrs. Adolphe LeBlanc, Moncton, N.B., writes: "Last summer my little girl had diarrhoea for over three weeks. I used a doctor's prescription, but it did not help. A friend told me of Dr. Fowler's Extract of Wild Strawberry, and on using half of the bottle it cured her completely. I recommend it to all mothers."

If you have used any of the preparations advertised in this Almanac we will send you a picture ready for framing, if you will read our offer on the inside back page.

**DO NOT BE HUMBUGGED INTO TAKING
A SUBSTITUTE FOR**

DR. FOWLER'S EXTRACT OF WILD STRAWBERRY

For the protection and benefit of the public, we wish to say that many pharmaceutical concerns are flooding the market with cheap and worthless preparations designed to be imitations of Dr. Fowler's Extract of Wild Strawberry.

Some of these are even labelled "Extract of Wild Strawberry," "Wild Strawberry Compound," etc., in the hope that the public may be deceived by the name, and led to purchase them, thinking they are getting the genuine "Dr. Fowler's."

Do not risk your health—perhaps your life, to these no name, no reputation, likely dangerous, so called strawberry extracts.

The genuine is **35c** a bottle; the cheap substitute **25c**.

Saved Wife and Little Boy

Mr. W. J. Metcalfe, Tofield, Alta., writes: "I wish to state that we have used Dr. Fowler's Extract of Wild Strawberry with good results, and I will say that it can't be beat. It saved my wife and little boy last summer when they were very low, with dysentery. We always have a bottle in the house, and would not be without it if it cost \$5.00 a bottle."

Doctors Gave Up All Hopes

Mrs. Joseph Butts, Sydney Mines, N.S., writes: "My little boy was four months old when he was taken with diarrhoea. He had it so bad that I sent for the doctor, who

came, but could not do anything for him. The next day I sent for two more doctors, and they told me the same; it was too late, and gave up all hopes. A friend came to see him, and advised me to give him Dr. Fowler's Extract of Wild Strawberry. I gave it to him at once, and it gave quick relief. I used it myself for cramps, and I can't praise your wonderful medicine enough."

The Mother of Triplets

Mrs. N. Tozer, 182 Argyle St., Toronto, Ont., writes: "I have had nine children and am the mother of the triplets born Dec. 19th, 1917. My children were always troubled with summer trouble, and nothing did them any good but Dr. Fowler's Extract of Wild Strawberry. I have used it for the last seven years, and can't say enough for it. If my baby triplets live, and I ever need a remedy of this kind you may be sure it will be "Dr. Fowler's"

A Few Doses Cured

Mrs. Harvey Johnson, Sault Ste. Marie, Ont., writes: "I have used Dr. Fowler's Extract of Wild Strawberry for 13 years, and would not be without it in the house. My little boy, when he was 2 months old, had a bad attack of summer complaint. I gave him a few doses of "Dr. Fowler's," and I am glad to say they cured him."

Sensation of Pins and Needles Stopped with Heart and Nerve Pills

9th month **SEPTEMBER** 30 days

MOON'S PHASES

- ☾ First Quarter.....Appears on 2nd
- ☉ Full Moon..... " " 9th
- ☾ Last Quarter..... " " 16th
- ☾ New Moon..... " " 23rd

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
		H. M.	H. M.	H. M.	
1	M	5 26	6 33	10 05	Opens dry and
2	T	5 27	6 32	10 49	
3	W	5 28	6 30	11 38	warm,
4	T	5 29	6 28	12 00	then
5	F	5 30	6 27	0 35	turns
6	S	5 31	6 25	1 35	cool
7	Sun	5 32	6 23	2 37	and
8	M	5 33	6 22	3 46	becomes
9	T	5 34	6 20	4 56	unsettled,
10	W	5 35	6 18	rises	with
11	T	5 36	6 16	6 54	some
12	F	5 37	6 15	7 28	storms,
13	S	5 38	6 13	8 09	followed
14	Sun	5 39	6 12	8 54	by cool
15	M	5 40	6 10	9 46	weather,
16	T	5 41	6 08	10 44	with
17	W	5 42	6 05	11 47	frosts at
18	T	5 43	6 05	12 00	night,
19	F	5 44	6 03	0 52	gets
20	S	5 46	6 01	1 58	very
21	Sun	5 47	6 00	3 04	windy,
22	M	5 48	5 58	4 11	then
23	T	5 49	5 56	5 12	turns
24	W	5 50	5 55	sets	fine and
25	T	5 52	5 53	6 21	warm,
26	F	5 53	5 51	6 51	then
27	S	5 54	5 50	7 25	unsettled
28	Sun	5 54	5 48	8 02	and
29	M	5 55	5 46	8 43	cool.
30	T	5 56	5 44	9 31	

SMILES FOR SEPTEMBER

THE teacher was talking to her class about Solomon and his wisdom.

"When the Queen of Sheba came and laid jewels and fine raiment before Solomon, what did he say?" she asked.

One small girl who had evidently had experience in such matters promptly replied: "Ow much d'ye want for the lot?"



Mrs. LOUIS WEBBER, Zurich, Ont., writes: "I was troubled for a long time with my heart. I find Milburn's Heart and Nerve Pills the best medicine above all others."

A CORRUPT voter was arrested—"What am I arrested for?" he asked.

"You are charged," said the officer, "with having voted eight times."

"Charged hey?" muttered the prisoner. "That's queer. I expected to be paid for it."



Mrs. L. JONES, Myer's Cave, Ont., writes: "I had dizzy, weak spells, and often headaches. I had only taken two boxes of Milburn's Heart and Nerve Pills when I felt much better. I can highly recommend them."



"WHY, Bridget, did my mamma have another husband before she married papa?"

"Yis, darlint, but he doid, yer see."

"Oh, Bridget, I'm so sorry mamma lost her husband."

"Faith, an' ye'd better be glad, Bessie. If he'd lived he might a made ye a cruel stip-father."



Mrs. W. H. FERRIER, Kilbride, Ont., writes: "I was troubled with my heart for five years, and was so bad it would send me into fits and smothering. Since taking three boxes of Milburn's Heart and Nerve Pills I have regained my health."



"I FOUND such a wonderful bargain," said Mrs. Flatter.

"What was it?" asked her husband.

"You know I went down town to buy a hat—well, just as I got to the store, they put up a sign, 'All hats at half-price.'"

"So you only had to spend half of the money you intended."

"Oh, no; I bought two hats instead of one."



WE are offering a beautiful picture all ready for framing to all those who have used any of our preparations. Read inside back cover for full particulars.

A FEW QUESTIONS IN REGARD TO YOUR LIVER

HAVE I LIVER COMPLAINT ?

THIS WILL TELL YOU HOW TO FIND OUT

Are the bowels constipated? Is there a dull pain in the side or under the right shoulder? Is there a bad taste in the mouth? Does water, with a sweet taste, collect in the mouth? Are the whites of the eyes tinged with yellow? Are there floating specks before the eyes? Do you feel dizzy and everything turn black, and you feel as if you were going to faint? Do you have frequent bilious and sick headaches? Is the skin sallow and covered with brown spots? Have you heart burn or water tract? Is the tongue coated and with a white furry appearance? Does gas accumulate in the bowels causing both stomach and bowel pains?

If you have any of these symptoms, there can be no doubt about the seat of your disease being in the liver.

The longer you allow your liver to continue lazy and torpid, the more serious and stubborn will your ailment grow.

Milburn's Laxa-Liver Pills quicken and enliven the liver. Their action is direct and specific; they cleanse the liver from the clogging impurities, opening up every channel, causing a free flow of all the stagnant bile and restoring a regular and natural action to the liver.

Had Severe Headaches

Mrs. J. Armstrong, St. John, N.B., writes: "I take pleasure in

writing you concerning the good I have received from using Milburn's Laxa-Liver Pills. I had such severe headaches I could not do my work, but after using two vials of your pills I can now do my work with comfort and pleasure."

Specks Before Eyes

Mr. John R. Morrison, Grand River Falls, N.S., writes: "Several months ago I was troubled with a sour stomach, and had specks floating before my eyes. I took five vials of Milburn's Laxa-Liver Pills, which cleansed my blood and cured me before any length of time. I told my friends about it, and they got some, and they too find themselves different since they took them."

Suffered Great Agony

Miss Dorothy Clark, Kouchibouguac, N.B., writes: "For over three years I suffered great agony from pains in the stomach. I tried several remedies but got no relief until a friend advised me to take Milburn's Laxa-Liver Pills. I started with two vials and, before I had one quite used I found much relief. I continued until I used four vials, and they have completely cured me. That was fourteen months ago and I have not had the slightest return since. The best praise I can give them is not enough."

Milburn's Heart and Nerve Pills Act Directly on the Weak Heart

10th month **OCTOBER** \$1 days

MOON'S PHASES

- ☾ First Quarter..... Appears on 2nd
- ☽ Full Moon..... " " 9th
- ☾ Last Quarter..... " " 15th
- ☽ New Moon..... " " 23rd
- ☾ First Quarter..... " " 31st

Day of Month	Day of Week	Sun		Moon	Weather
		Rises	Sets	Sets	
1	W	H. M. 5 56	H. M. 5 43	H. M. 10 23	Opens very stormy, with
2	F	5 57	5 41	11 21	
3	F	5 58	5 40	12 00	
4	S	5 59	5 38	0 22	
5	Sun	6 00	5 36	1 26	high winds, then
6	M	6 01	5 35	2 33	
7	T	6 02	5 33	3 44	turns cool, with
8	W	6 03	5 31	4 49	
9	T	6 04	5 30	rises	with frost at
10	F	6 05	5 28	6 04	
11	S	6 06	5 27	6 49	
12	Sun	6 08	5 25	7 41	nights, turns
13	M	6 09	5 24	8 37	
14	T	6 10	5 22	9 40	warm and continues
15	W	6 11	5 20	10 47	
16	T	6 12	5 19	11 51	for few days,
17	F	6 13	5 17	12 00	
18	S	6 14	5 16	0 57	
19	Sun	6 15	5 14	2 01	then cool and
20	M	6 16	5 13	3 06	
21	T	6 17	5 12	4 04	cloudy, followed by few
22	W	6 18	5 10	5 06	
23	T	6 20	5 09	6 08	sets by few
24	F	6 21	5 07	7 01	
25	S	6 22	5 06	8 01	warm
26	Sun	6 23	5 05	9 02	days, then
27	M	6 24	5 03	10 07	
28	T	6 25	5 02	11 12	cool and windy to end.
29	W	6 26	5 01	12 17	
30	T	6 27	4 59	1 22	
31	F	6 29	4 58	2 27	

ODDITIES FOR OCTOBER

BIG AUNTIE—"Well, Tommy, so Santa Claus was good to you, was he? Brought you lots of things?"

LITTLE TOMMY—"Huh! you can't fool me! There ain't any Santa. It's Dad—and he's the stork too!"



MRS. CHAS. WEAVER, Pilot Mound, Man., writes: "My nerves were so bad I could not sleep at night, and would jump up in bed. I used six boxes of Milburn's Heart and Nerve Pills, and am all right now."

COHEN (entering the delicatessen store) —"Gif me some of that salmon."
PROF.—"That's not salmon, that's ham."
COHEN—"Vell! who asked you vot it was?"



MRS. JOHN T. PERRY, Port Clyde, N.S., writes: "I have used several boxes of Milburn's Heart and Nerve Pills, and find they have done me a lot of good."



MISTRESS (angrily)—"Bridget, I find that you wore one of my décollete ball gowns to the Hack Drivers' ball last evening. It's the worst piece of impudence I ever heard of. You ought to be ashamed of yourself!"

BRIDGET (meekly)—"Oi was, mum; Oi was! an' me young man said, as if Oi iver wore sich an indacent dress in public a'gin, he'd break our engagement."



MR. A. BEAUMONT, Edgett's Landing, N.B., writes: "My heart was so bad I would waken up several times during the night in great distress. Three boxes of Milburn's Heart and Nerve Pills helped me a great deal."



"Now, little boys, can you tell me," said a teacher, "what the effect of tobacco is upon the system?"

Little Billy, who had wrestled with his first chew, promptly held up his hand.

"Well, Billy, what is the effect?"

"Makes ye afraid ye is goin' to die, and then yer afraid ye ain't goin' to die."



MRS. M. MOREHOUSE, Tiverton, N.S., writes: "I was troubled with smothering spells, and was weak and run down. I was so bad I could not stand the least excitement. After using Milburn's Heart and Nerve Pills I believe them to be a valuable remedy."



GET one of our beautiful premium pictures free. Comply with the conditions on inside back cover and we will mail you one.

STIR UP THE SLUGGISH LIVER WITH MILBURN'S LAXA-LIVER PILLS

Once the liver becomes sluggish and fails to filter the bile poisons from the blood, serious complications are sure to arise unless it is stirred up to its natural functions.

One of the first questions a doctor always asks is "how are your bowels?" The reason for this is that unless the bowels are kept regular in their act on the liver becomes affected. The functions of the liver are to secrete the bile so necessary to digestion and proper action of the bowels and if the bowels are allowed to become costive the poisons which should be passed away through them are carried into the blood instead and poisons the whole system.

Put your liver right by using Milburn's Laxa-Liver Pills as they contain the elements that act directly on the liver, thus toning it up so as to enable it to throw off disease.

Milburn's Laxa-Liver Pills contain no salts, calomel or other mineral purgatives, that are so hard on the bowels, but are prepared entirely from vegetable matter are small and easy to take, and do not gripe, weaken and sicken as so many pills do.

Price **25c** a vial at all dealers, or mailed direct on receipt of price.

Liver Was Sluggish

Miss Dian Clark, Myer's Cave, Ont., writes: "I take pleasure in writing you concerning the good I have received by using Milburn's

Laxa-Liver Pills for a sluggish liver. When my liver got bad I would have severe headaches, but I got better after I had used a couple of vials of your pills."

Liver Complaint

Mrs. A. M. Norris, Halifax, N.S., writes: "My husband and my sister were both troubled with liver complaint. They used Milburn's Laxa-Liver Pills and were both cured. They are also good for children as I have often given them to my little girl when she has not been feeling well."

Stomach and Liver Trouble

Mr. P. M. Phelps, Stanbridge East, Que., writes: "I have been taking Milburn's Laxa-Liver Pills with such good results I thought I would write you. I had stomach and liver trouble, and would get up in the morning with a headache, stomach sick and feel dizzy. After taking two vials I was cured of these troubles, and constipation as well."

Constipation Cured

Mr. Dan. Doucette, Eel River Crossing, N.B., writes: "Having been troubled for years with constipation, and trying everything I knew of, a friend advised me to use Milburn's Laxa-Liver Pills. I used four vials and am completely cured. I can gladly recommend them to every one who suffers from constipation."

Nervous, Hysterical Women Should use Heart and Nerve Pills

BILIOUSNESS AND LIVER COMPLAINT

Biliousness is only another name for clogged and sluggish liver, caused by rich food, or eating too much meat, or by too little exercise. It is a very common complaint, but can be quickly remedied by stimulating the flow of bile. This softens the accumulate mass, the poisons are carried out of the system, and the liver and bowels relieved and toned up.

Any person who is of what is called a biliary nature should live sparingly, take plenty of exercise, avoid fat and rich food, butter, pastry, sauces, etc., and should keep the bowels properly regulated by the use of Milburn's Laxa-Liver Pills. They attack the bile and stimulate its flow. They thus get at the first cause of biliousness and liver troubles.

Milburn's Laxa-Liver Pills are mild and gentle in their action and leave no ill after effects like so many harsh purgatives do.

Price 25c a vial at all dealers or mailed direct on receipt of price.

Sour Stomach

Mrs. M. Sullivan, Truro, N.S., writes: "I was troubled with sour stomach, and took three vials of Milburn's Laxa-Liver Pills, and they helped me wonderfully. I have told others about them, and they have used them with good results.

They are also good for headache."

Had Bilious Spells

Mr. James P. Colter, Hartford, N.S., writes: "I have used Milburn's Laxa-Liver Pills for constipation and liver complaint. At one time I used to have a bilious spell every little while, and once was in bed for two months. Since taking your pills the bilious spells have left me. I have recommended Laxa-Liver Pills to many others here, and they are growing in favor every day."

Liver and Stomach

Miss Jennie E. Whittle, Hogan, Ont., writes: "Last fall I was suffering with my liver and stomach. A friend of mine put me on the track of Milburn's Laxa-Liver Pills. The first vial I took I got better. I would not be without them in the house."

Headache and Biliousness

Mrs. Jos. Kelly, Bryanton, N.B., writes: "I had not been feeling well all winter, being greatly troubled with headaches and biliousness. I tried Milburn's Laxa-Liver Pills and they cured me, for which I am very thankful."

Heartburn and Liver Trouble

Mrs. John Keady, Chipman, N.B., writes: "I can recommend Milburn's Laxa-Liver Pills to any one suffering from heartburn and liver trouble. I tried other remedies, but they only relieved me for a short time. I always recommend Laxa-Liver Pills to all sufferers as I think they are a valuable remedy."

11th month **NOVEMBER** 30 days

MOON'S PHASES

☉ Full Moon..... Appears on 7th
 ☾ Last Quarter..... " " 14th
 ☽ New Moon..... " " 22nd
 ☽ First Quarter..... " " 30th

Day of Month	Day of Week	Sun		MOON	Weather Probs.
		Rises	Sets	Sets	
1	S	H. M. 6 30	H. M. 4 57	H. M. 12 00	Opens
2	Sun	6 31	4 56	0 15	clear
3	M	6 32	4 54	1 23	and
4	T	6 33	4 53	2 27	cold
5	W	6 35	4 52	3 37	with
6	T	6 36	4 51	4 51	heavy
7	F	6 37	4 50	6 07	winds,
8	S	6 38	4 49	rises	then
9	Sun	6 39	4 48	6 23	very
10	M	6 40	4 47	7 27	cold
11	T	6 42	4 46	8 35	with
12	W	6 43	4 45	9 42	heavy
13	T	6 44	4 44	10 49	frost,
14	F	6 45	4 43	11 54	then
15	S	6 46	4 42	12 00	turns
16	Sun	6 48	4 42	1 00	mild
17	M	6 49	4 41	1 57	for
18	T	6 50	4 40	2 59	few days,
19	W	6 51	4 39	4 00	followed
20	T	6 52	4 39	5 01	by wind
21	F	6 54	4 38	5 59	and
22	S	6 55	4 37	6 55	rain,
23	Sun	6 56	4 37	sets	warmer
24	M	6 57	4 36	6 11	for few
25	T	6 58	4 36	7 05	days,
26	W	6 59	4 35	8 03	then
27	T	7 00	4 35	9 02	ends
28	F	7 01	4 34	10 04	cold and
29	S	7 02	4 34	11 07	stormy.
30	Sun	7 03	4 34	12 00	

NONSENSE FOR NOVEMBER

"Oh, dear! I don't know what to do about giving Cousin Clessaphine a Christmas present!" sighed Mrs. Goodsoul. "If I don't give her one she won't like it, and if I do give her one she won't like it."

☉ ☉

MRS. A. HEWER, Toronto, Ont., writes: "I have been troubled for a long time with dizziness and headaches. I feel a lot better since taking one box of Milburn's Heart and Nerve Pills, and expect to be all right when I finish another."

☉ ☉

MRS. BLUNDERBY (to her caller)—

"My sister has named her four children Miriam, Ruth, David and Susannah, all after Bibulous characters."

☉ ☉

MRS. FOSTER, Box No. 25, Hughenden, Alta., writes: "I was troubled with my heart and nerves. I was very nervous, and used four boxes of Milburn's Heart and Nerve Pills and am as well as ever. I don't have palpitation and loose my breath, and am not nervous any more."

☉ ☉

GUEST (at restaurant)—"Here, waiter there's a fly in this soup; take it away."

WAITER—"Scuse me, boss. But dat ain' no fly."

GUEST—"I say it is. Take it away."

WAITER—"All right, boss. But dat ain' no fly. Dat's a roach, boss. We don't have no flies yer in wintah time. Dis am a fust class place, an' we don' serve nuffin outin season, sah."

☉ ☉

MRS. A. M. POWELL, Norval, Ont., writes: "If I went to bed I would wake up as if I were smothering. I did not get one night's sleep out of seven. I have only taken two boxes of Milburn's Heart and Nerve Pills and I feel like a new woman."

☉ ☉

PROFESSOR, discussing organic and inorganic kingdoms—"Now, if I should shut my eyes so—and drop my head so—and remain perfectly still, you would say I was a clod. But I move, I leap. Then what do you call me?"

Voice from the rear—"A clod-hopper."

☉ ☉

MRS. ALFRED WINTER, Castor, Alta., writes: "I would especially recommend Milburn's Heart and Nerve Pills to all women between 40 and 50, as at that time they are liable to be far from well."

☉ ☉

A HANDSOME present for you if you have used any of our preparations. Full particulars of our free offer appear on the inside back page of this Almanac.

Regulate the Unnatural Action of the Heart with H. & N. Pills

DO NOT BECOME CONSTIPATED

Keep The Bowels Regular If You Would Be Well

It has been well said that constipation causes more than half the sickness in the world. To know why this is so, it is important to know what constipation means.

Constipation means that, if the food you eat does not pass out of the body at least once a day, the waste matter remains too long in the bowels, causing them to become clogged up. This waste matter then decays, and becomes poisonous, and enters the blood instead of being carried off through the bowels, thus permeating every part of the system, and causing disease.

From this it will be understood why constipation causes such complaints as the following, and how when constipation is cured, these resultant complaints are cured:—Sick headache, sour stomach, flatulence, biliousness, sallow complexion, liver complaint, heartburn, water brash, jaundice, floating specks before the eyes, etc.

Now Milburn's Laxa-Liver Pills cure these complaints, because they cure constipation. They drive from the bowels all the waste and decaying matter, together with the poisonous gases formed by it, and leave the system sweet and clean.

Milburn's Laxa-Liver Pills are 25c a vial at all dealers or mailed direct on receipt of price.

Suffered for Years

Mrs. Alex. Leblanc, Dacre, Ont., writes: "I can recommend Mil-

burn's Laxa-Liver Pills to be the best I ever tried. I had suffered for years with constipation, and they have proved a wonderful remedy in my case."

Sick Headache and Constipation

Mrs. Winslow McKay, Jordan Branch, N.S., writes: "I have been sick for a number of years with sick headaches and constipation. I tried all kinds of doctors' medicines, but none did me any good. I tried Milburn's Laxa-Liver Pills, and after using four vials I am completely cured. I would heartily recommend them to all sufferers."

Constipation Two Years

Mrs. Jos. Labrec, Calgary, Alta., writes: "I have been troubled with constipation for the last two years. I have tried numerous treatments, but have never been relieved by anything until I used Milburn's Laxa-Liver Pills, which are helping me wonderfully."

Not Troubled Since

Miss Elsie Zimmerman, Thedford, Ont., writes: "I have used your Milburn's Laxa-Liver Pills for constipation, and have never found myself troubled with it since. I am very glad to have found something to cure me, and will always tell everyone about them who is troubled in the same way as I was."

Heavy Smokers Should use Milburn's Heart and Nerve Pills

12th month **DECEMBER** 31 days

MOON'S PHASES

- ☉ Full Moon..... Appears on 7th
- ☾ Last Quarter..... " " 14th
- ☾ New Moon..... " " 22nd
- ☽ First Quarter..... " " 29th

Day of Month	Day of Week	Sun		Moon	Weather Probs.
		Rises	Sets	Sets	
1	M	H. M. 7 04	4 34	0 14	Opens cold
2	T	7 05	4 33	1 16	
3	W	7 06	4 33	2 27	
4	T	7 07	4 33	3 39	and stormy, continues cold
5	F	7 08	4 33	4 52	
6	S	7 09	4 33	6 06	
7	Sun	7 10	4 32	rises	with some snow,
8	M	7 11	4 32	6 11	
9	T	7 12	4 32	7 22	then turns very cold,
10	W	7 13	4 32	8 32	
11	T	7 14	4 33	9 42	very cold,
12	F	7 15	4 33	10 48	
13	S	7 15	4 33	11 50	followed by milder weather,
14	Sun	7 16	4 33	12 00	
15	M	7 17	4 33	0 50	turns cold with
16	T	7 18	4 33	1 53	
17	W	7 19	4 34	2 53	heavy snow falls, clear and
18	T	7 19	4 34	3 52	
19	F	7 20	4 35	4 49	very cold
20	S	7 20	4 35	5 44	
21	Sun	7 21	4 36	6 36	sets
22	M	7 21	4 36	7 22	
23	T	7 22	4 37	5 57	clear and very cold
24	W	7 22	4 37	6 54	
25	T	7 22	4 38	7 57	to end.
26	F	7 22	4 38	8 58	
27	S	7 23	4 39	10 04	to end.
28	Sun	7 24	4 40	11 06	
29	M	7 24	4 41	12 00	to end.
30	T	7 24	4 41	0 12	
31	W	7 24	4 42	1 20	

DANDIES FOR DECEMBER

"WILLIE," said the doting aunt, holding her nephew close to her, "tell me whom you like the best—your mother, your father, or me."

Willie squirmed to get away. "I don't want to tell," he said. "It's too near Christmas."

☽ ☽

Mrs. THOMAS COLES, Clifton, P.E.I., writes: "I suffered so from my heart that I was unable to lie on my left side. Two boxes of Milburn's Heart and Nerve Pills took all the pains away."

☽ ☽

By way of enlarging the children's

vocabulary, the school teacher gave them a certain word, and asked them to form a sentence in which it occurs. The other day she gave the class the word "notwithstanding". There was a pause, and then a bright faced youngster held up his hand. "Well, what is your sentence Tommy?" asked the teacher.

"Father wore his trousers out, but notwithstanding."

☽ ☽

MR. THOS. BOLES, Fallbrook, Ont., writes: "I had attacks of heart trouble for several years. I used six boxes of Milburn's Heart and Nerve Pills, and now I feel as well as can be."

☽ ☽

CALL a girl a chick, and she smiles; call a woman a hen, and she howls. Call a young woman a witch, and she is pleased; call an old woman a witch, and she is indignant. Call a girl a kitten, and she rather likes it; call a woman a cat, and she will hate you.

Queer sex!

☽ ☽

Mrs. FRANK ARSENEAU, Newcastle, N.B., writes: "I had awful attacks of heart trouble for the past five years or six. I took six boxes of Milburn's Heart and Nerve Pills, and now feel as well as ever."

☽ ☽

MOTHER—"Willie, didn't I say I'd whip you if you put another rubber button on the stove?"

WILLIE—"Yes'm; but tain't me this time, ma. It's pa smokin' one of them cigars you bought for him Christmas."

☽ ☽

MR. NELSON MCRITCHIE, Devlin, Ont., writes: "I have used Milburn's Heart and Nerve Pills for palpitation of the heart, and have found that they gave me great relief."

☽ ☽

FREE OFFER—A beautiful picture ready for framing. See inside back page for particulars.

THE BREATH OF THE PINES IS THE BREATH OF LIFE TO ALL TROUBLED WITH THEIR LUNGS

The balsamic odor of the newly cut pine heals and invigorates the lungs, and even consumptives improve and revive amid the perfume of the pines. This fact has long been known to physicians, but the essential healing principle of the pine has never before been separated and refined as it is in Dr. Wood's Norway Pine Syrup. It contains the life-giving, lung-healing virtue of the Norway pine in combination with other absorbing expectorant and soothing herbs and balsams.

You should never neglect what at first seems to be but a slight cold. You think perhaps you are strong enough to fight it off, but colds are not so easily fought off in this northern climate, and if they are not attended to at once will sooner or later develop into some serious lung trouble such as bronchitis, pneumonia, and perhaps that dreadful disease, consumption.

Dr. Wood's Norway Pine Syrup has been on the market for the past thirty years, and we claim that it is the best cure for that cough or cold you can possibly procure.

Price 25c and 50c a bottle—three pine trees our trade mark.

Cough: Cough All Night

Miss Margaret Landly, Bristol, P.E.I., writes: "Last fall I took a severe cough, and cold in my head. I was unable to do anything. At

night I could not sleep, but cough, cough all night. A friend advised me to use Dr. Wood's Norway Pine Syrup, and before the second bottle was used, I was entirely cured, and I have found this the best cough syrup I can buy."

Five Children Had Whooping Cough

Mrs. Walter McGaughey, North Battleford, Sask., writes: "I have five children, the eldest 13, and the baby two years old. They all had the whooping cough at the same time. I tried two or three cough remedies, but none gave the same satisfaction as Dr. Wood's Norway Pine Syrup. A home, where there are young children, should never be without it."

Raised Phlegm and Blood

Mr. J. Burdett, Oberon, Man., writes: "I had a bad cough this winter, and did nothing but raise phlegm and blood for two weeks. After taking one bottle of Dr. Wood's Norway Pine Syrup I was completely better."

Had Pneumonia

Mrs. A. V. Silk, Shelburne, Ont., writes: "I had pneumonia some time ago, and it left me with an awful cough. My husband told me to get Dr. Wood's Norway Pine Syrup. I took two bottles and now I don't cough at all."

Don't Neglect a Cough or Cold It Can Have But One Result

It leaves the Throat or Lungs Affected

A single dose of Dr. Wood's Norway Pine Syrup will help to stop the cough, soothe the throat, and if the cough or cold has become settled on the lungs, the healing properties of the Norway pine tree will promptly eradicate the bad effects and the persistent use of it cannot fail to bring about a complete cure.

Don't accept a substitute for "Dr. Wood's."

Be sure and get what you ask for.

Price 25c and 50c a bottle at all dealers.

Coughed Till Fairly Choked

Mrs. John Reinhardt, Ridgetown, Ont., writes: "My little daughter at the age of a year and a half old had an awful cough. She would cough until she would fairly choke, and I was afraid it would go to her lungs. I thought I would use Dr. Wood's Norway Pine Syrup, as I knew of quite a few persons who had used it with good results. I am glad I did so, as I only used one bottle. It is a sure cure for coughs and colds."

Had Hacking Cough

Miss Catharine M. McLean, Craik, Sask., writes: "Last winter I caught a heavy cold and was laid up for some time. I had such a hacking cough I couldn't sleep at nights. I did not think I could

get over it. One day a friend dropped in to see me and was surprised to see how bad my cough was. She advised me to try Dr. Wood's Norway Pine Syrup. The next day I sent for a bottle, and I soon got relief. By the time I had taken two bottles my cough was all gone, and now I am able to do my work again. I doubt there is anything to equal it."

Bronchitis After Measles

Mrs. Murdock McLean, Winnipeg, Man., writes: "About two years ago my little girl had the measles which left her with bronchitis. I tried several cough remedies, and oils of all kinds, but they all failed. At last I got Dr. Wood's Norway Pine Syrup, and after using three bottles she has never had a sign of bronchitis since. I can honestly recommend it as being a grand medicine."

Tickling In Throat

Mrs. G. E. Routley, Trenton, Ont., writes: "For several weeks I was troubled with a severe cold and a tickling in the throat. I tried numerous remedies, but found no relief until I used Dr. Wood's Norway Pine Syrup, which I had heard so much about, and on taking one bottle got instant relief. I highly recommend it to those who need a quick cure."

A BEAUTIFUL PICTURE

READY FOR FRAMING

To all those who have used any of the preparations advertised in this Almanac, we will send free a beautiful picture all ready for framing purposes.

TO PROCURE THIS PICTURE—It is absolutely necessary to name the remedy, state the disease or symptoms, and write plainly and fairly a full description of your experience with it, unless you do this the picture will not be sent.

If you have complied with these conditions and do not receive your picture in a reasonable length of time, kindly drop us a card to this effect.

Write or print your name and address plainly and send your testimonial to:—

The T. MILBURN COMPANY, Limited
643 King Street, West - **TORONTO, Ont.**

BRITISH TROOP OIL

THE FRIEND OF ALL FARMERS AND STOCK MEN

A NECESSITY IN EVERY HOME

A remedy for cuts, sprains, strains, wounds, bruises, swellings, rheumatism, lumbago, contracted cords, callous lumps, sore throat, corks, kicks, scratches, colic, cracked teats, caked udder, stiff joints, scours, glandular enlargements, etc.

A Large Bottle 25 Cents. Contains no Alcohol, So Does Not Evaporate.

LITTLE BOY WAS RUPTURED

Mrs. Herbert Pugsley, Central Economy, N.S., writes:—"Your British Troop Oil is the best liniment I ever used, and I would not be without a bottle in the house. My little boy was ruptured in the privates when he was a month old. The doctor said he would have to wear a truss until he was six, and then he would have to undergo an operation, but thank God he is better. He is now seven years old and he has had no return of his trouble. I always recommend your Troop Oil to all my friends."

MARE'S SHOULDER SWOLLEN

Mr. Frank Cadotte, R. R. No. 2, Chatham, Ont., writes:—"Having used your British Troop Oil, I find it very good. I had a mare that had a bad shoulder; it was swollen up about six inches. I took her to the Vet. and he lanced it, and told me not to work her for six months. A neighbor's boy told me to get a bottle of Troop Oil, which I did, and in one week she was well and working every day. I also recommend it for stiff joints."

COW'S FOOT BADLY CUT

Mr. Samuel R. McQuarrie, North Highlands, N.S., writes:—"A cow of mine got her foot badly cut on wire entanglements about a year ago. I used about one bottle of your British Troop Oil on her, and in about two weeks time she was completely cured. I may gladly say that I keep it in stock all the time."



How Does Your Heart Beat ?

PUT YOUR FINGER ON YOUR PULSE

THE way the heart beats is an index of how the whole machinery of the body is going.

With a strong, steady, regular pulse we may expect vigorous health.

With a weak, irregular, intermittent pulse we can tell at once the vitality is low.

Palpitation, throbbing, irregular beating, pain in the breast, smothering feeling, are all manifestations of heart troubles.

Again, among the obscurer symptoms are found dull pains in the head, flashes of light, faint, dizzy feelings, shortness of breath, sudden flushing of the face, bluish appearance of the lips and ears, feeling of oppression and anxiety, numbness or pain in the left side, inability to lie on the left side, hands and feet cold and clammy, prickly sensations in the hands or feet, rush of blood to the head, etc.

Should any of the above symptoms appear, it should be enough to warn you of danger ahead. Don't delay. Take a course of

Milburn's Heart and Nerve Pills

They'll put you in such condition that you will never know you have a heart. They exert a specific action in restoring the flabby muscles of a weakened heart, giving it tone and strength.

Price 50c a box at all dealers or mailed direct on receipt of price.

Presented with the Compliments of the Season by