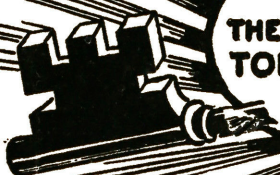


BURDOCK BLOOD BITTERS 1931

ALMANAC AND KEY TO HEALTH

Published by
THE T. MILBURN Co. LIMITED
TORONTO ~ CANADA



1931

Golden Number..... 13 Solar Cycle..... 8 Roman Indiction..... 14
Epact..... 11 Dominical Letter..... D Julian Period (year of) 6644

THE SEASONS

Sun enters Aries—Spring commences..... March 21st, 9.07 a.m.
Sun enters Cancer—Summer begins..... June 22nd, 4.28 a.m.
Sun enters Libra—Autumn begins..... Sept. 23rd, 7.24 p.m.
Sun enters Capricornus—Winter begins..... Dec. 22nd, 2.30 p.m.

ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

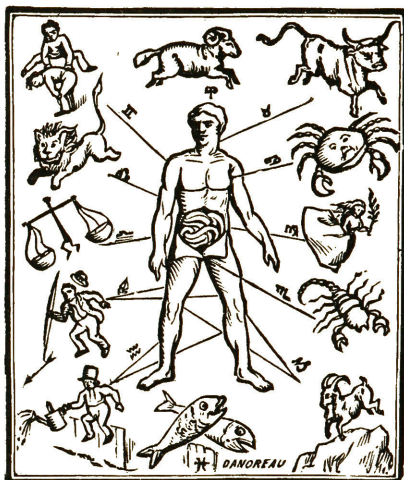
Arm.
♊ GEMINI,
The Twins.

Heart.
♌ LEO,
The Lion.

Reins.
♎ LIBRA,
The Balance.

Thighs.
♐ SAGITTARIUS,
The Bowman.

Legs.
♑ AQUARIUS,
The Waterman.



Neck.
♉ TAURUS,
The Bull.

Breast.
♋ CANCER,
The Crab.

Bowels.
♍ VIRGO,
The Virgin.

Secrets.
♏ SCORPIO,
The Scorpion.

Knees.
♐ CAPRICORNUS,
The Goat.

Feet, ♓ Pisces, the Fishes.

HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day (Thurs.) Jan. 1	Low Sunday..... Apr. 12	Labor Day (Mon.)..... Sept. 7
Epiphany..... Jan. 6	St. George..... Apr. 23	Hebrew New Year..... Sept. 12
Septuagesima Sunday..... Feb. 1	Accession King George V..... May 6	St. Michael (Mich. Day)..... Sept. 2
Quinquagesima (Sun.)..... Feb. 15	Rogation Sunday..... May 10	Day of Atonement..... Sept. 21
Ash Wednesday..... Feb. 18	Ascension Day..... May 24	Feast of Tabernacles..... Sept. 26
Quadragesima, 1st S. in L. Feb. 22	Victoria Day (Sun)..... May 24	All Saints' Day..... Nov. 1
St. David..... Mar. 1	Pentecost (Whit Sun.)..... May 24	Armistice/Thanks'g g DNov. 10
St. Patrick..... Mar. 17	Birth Queen Mary (1867) May 26	First Sunday in Advent..... Nov. 29
Annunciation..... Mar. 25	Trinity Sunday..... May 31	St. Andrew..... Nov. 30
Palm Sunday..... Mar. 29	Birth King George V. 1865 June 3	Conception Day..... Dec. 8
Good Friday..... Apr. 3	Corpus Christi..... June 4	St. Thomas..... Dec. 21
Easter Sunday..... Apr. 6	Dominion Day (Wed.)..... July 1	Christmas Day (Fri.)..... Dec. 25

MORNING AND EVENING STARS

Mercury.—Elongations Jan. 28th, May 27th, Sept. 21st, seen before sunrise in the eastern sky. Elongations April 10th, Aug. 8th, Dec. 3rd, seen after sunset in the western sky. **Venus**.—Elongations west, Feb. 1st. In conjunction with Saturn, Feb. 25th. Conjunction with Jupiter to the east, Aug. 6th. Conjunction with Moon, Aug. 13th, nearest the Sun, Aug. 18th. In conjunction with Moon, Sept. 12th, with Mars, Nov. 19th. Venus being west and in conjunction with Saturn to the north. **Mars**.—In opposition to Sun, Jan. 27th, and in conjunction with the Moon on March 1st. On April 1st will be at its farthest from the Sun. On June 16th in conjunction with Neptune 0° 28' to the Sun. In conjunction with Moon, July 19th, on Sept. 14th and on Oct. 15th

ECLIPSES IN 1931

In the year 1931 there will be three eclipses of the Sun and two of the Moon.

I.—A total eclipse of the Moon, April 2nd, 1931, invisible in Canada. **II.**—A partial eclipse of the Sun, April 17th and 18th, invisible in Canada, visible over Asia and the North Pole. Magnitude, 0.511. **III.**—A partial eclipse of the Sun, Sept. 12th, visible west of longitude 140° in northern latitudes 51° to 71°. Greatest magnitude 0.047. **IV.**—A total eclipse of the Moon, Sept. 26th, 1931, invisible at Toronto; the beginning visible over western part of the Pacific Ocean, Asia, Australia, the Indian Ocean, Europe and Africa; the ending visible generally in Asia, Indian Ocean, Europe, Africa, the Atlantic Ocean and part of South America. **V.**—A partial eclipse of the Sun, Oct. 11th, 1931, invisible at Washington and Toronto. Visible over South America and South Polar Seas; magnitude, 0.898.

1866**65 th EDITION****1931**

ON the following pages we are describing the wonderful properties of our old established remedies which have been in use, with most excellent results, for many years. The secret of their success lies in the happy discovery of the components, the choice of the purest and best drugs that can be obtained from all quarters of the globe, and in the unabating and precise care in their manufacture.

So famous have our remedies become there have been many fraudulent imitations and counterfeits placed on the market and offered as substitutes, and it is just as well to remember that where substitution takes place the general object is to make a larger profit. Where it is a case of sickness too much care cannot be taken, and you can scarcely afford to deal with anyone who stoops to this practice. So that you cannot be imposed upon by an unscrupulous dealer, and they are few and far between, we are printing on the outside back cover a fac-simile of our different preparations.

Another thing we wish to draw to your attention is that we have received numerous letters from parties complaining they have been overcharged for our preparations.

THE PRICES YOU SHOULD PAY ARE

Burdock Blood Bitters, on the market for 52 years	-	\$1.25
Milburn's Heart and Nerve Pills, 37 years	- - - - -	.50
Milburn's Laxa-Liver Pills, 37 years	- - - - -	.25
Dr. Fowler's Extract of Wild Strawberry, 86 years	- - - - -	.50
Doan's Kidney Pills, 45 years	- - - - -	.50
Dr. Wood's Norway Pine Syrup, 42 years	- - - - -	.35
Dr. Wood's Norway Pine Syrup, large family size	- - - - -	.65
British Troop Oil, 49 years	- - - - -	.25

We do not prepay charges on liquid preparations and they can only be sent at buyer's expense. Pills will be mailed postage paid, only on receipt of price.

Address all correspondence to

THE T. MILBURN CO., LIMITED,

Dept. A, 643 King St. West,

Toronto, Ont.

Thousands Suffer Untold Agony After Every Meal They Eat

The sufferer from dyspepsia, or indigestion, who has to pick and choose his food, is the most miserable of all mankind.

A dyspeptic must be very careful what he eats, but, very often, even the little he does causes such torture, and is digested so imperfectly, it does him little or no good.

Then, again, how often something tempting is placed before you that you should not eat, well knowing that if you do you will suffer for it after, yet you do not hesitate to partake of it freely and torture yourself.

The great point in dyspepsia is to get back bounding health and vigor, and this may be done by using Burdock Blood Bitters, as during the past 52 years it has brought joy and hope to thousands of dyspeptics, helping them to eat three square meals a day without suffering for it, toning up the stomach, and making easy the work of digestion and assimilation.

Indigestion After Every Meal

MRS. J. D. HUGGINS, Onward, Sask., writes:—"I was troubled with indigestion after every meal and could hardly stand the pain in my stomach. A friend advised Burdock Blood Bitters, and after the first bottle I was greatly relieved. I have now finished the third bottle, and I can eat any thing I like and enjoy my meals without that terrible indigestion I had suffered with following every meal."

Stomach Was Bad—Could Hardly Eat Anything

MISS LIDA TROTTER, Sudbury, Ont., writes:—"Owing to poor digestion I could not eat meat, pastries, hardly anything but dry bread; even eggs used to upset my stomach, or anything the least bit greasy. Upon taking the first bottle of Burdock Blood Bitters I began to notice a great change and I could eat a little meat without getting sick, and I could go to bed and sleep soundly all through the night, while before my nerves were all upset and I had pains around the left side, just below the heart, but these have all disappeared."

Indigestion and Constipation For Four Years

MRS. FRANK ZERMAN, Abbotsford, B.C., writes:—"For four years I suffered from indigestion and constipation, and became so nervous I could not sleep, and would rise in the morning feeling tired, sluggish, and only half alive. My appetite failed me, and I became very weak and thin. I tried various remedies, but they did me no good. One day a friend came to see me and said she had been in the same condition I was and that she had taken Burdock Blood Bitters and advised me to do the same. I took her advice and after using six bottles of B.B.B. I feel like a different woman."

JANUARY, 1931

MOON'S PHASES

		D.	H.	M.
☉	Full Moon.....	4	8	15 a.m.
☾	Last Quarter.....	11	0	9 a.m.
☾	New Moon.....	18	1	36 p.m.
☾	First Quarter....	26	7	6 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets	Sets	
1	T	♈	7 52	4 50	4 57	Fair and mild.
2	F	♈	7 53	4 50	6 11	
3	S	♈	7 53	4 51	7 21	
4	Sun	♉	7 53	4 53	rises	Turns colder with sleet or snow.
5	M	♉	7 52	4 54	6 11	
6	T	♉	7 52	4 55	7 34	
7	W	♊	7 52	4 56	8 56	Very cold with heavy snow.
8	T	♊	7 52	4 57	10 15	
9	F	♊	7 52	4 58	11 32	
10	S	♋	7 52	5 00	a.m.	Followed by clear cold weather
11	Sun	♋	7 51	5 01	0 46	
12	M	♋	7 51	5 02	2 00	
13	T	♋	7 50	5 03	3 14	Turns mild with some rain.
14	W	♋	7 50	5 04	4 27	
15	T	♋	7 50	5 05	5 36	
16	F	♌	7 49	5 07	6 37	
17	S	♌	7 48	5 08	7 30	
18	Sun	♌	7 48	5 09	sets	
19	M	♌	7 47	5 11	5 59	
20	T	♌	7 47	5 12	7 04	
21	W	♌	7 47	5 13	8 09	
22	T	♍	7 46	5 14	9 12	
23	F	♍	7 45	5 15	10 13	
24	S	♍	7 44	5 16	11 15	
25	Sun	♍	7 43	5 18	a.m.	
26	M	♍	7 43	5 19	0 20	
27	T	♍	7 42	5 20	1 26	
28	W	♍	7 41	5 22	2 36	
29	T	♍	7 40	5 23	3 48	
30	F	♍	7 39	5 25	5 01	
31	S	♍	7 37	5 26	6 05	

JANUARY JOKES

A little girl returned to her parents, after sitting for her school musical examination. They asked her how she had gotten on.

"Very well, I think," she answered.

"What was the examiner like?"

"Quite a nice man—and so religious."

"Religious! How could you tell?"

"In the middle of one of my pieces he put his head in his hands and said: 'Oh, heavens!'"

"Why is it that a red-headed woman always marries a very meek man?"

"She doesn't, he just gets that way."

Mrs. L. Hebart. Point Du Chene, N.B., writes:—"I have used four boxes of Milburn's Heart and Nerve Pills for dizziness and weakness, and can say I found complete relief in them."

Freddie was crying and Willie asked what was the matter.

"My dog's dead," sobbed Freddie.

"Aw, that's nothin', my grandmother's been dead a week and you don't hear me cryin'."

"Yes, but you didn't raise her from a pup."

Mrs. G. L. Clark, Belmont, N.S., writes:—"I was troubled with my heart and shortness of breath, but since using Milburn's Heart and Nerve Pills I feel like a different person."

A brass band once visited a small village, and the people were delighted with it, but they could not make out the trombone, so they sent old Cyrus to investigate.

Old Cyrus watched the performance of the trombone player for some time. Then, he said with a sneer, "Take no notice of him, fellers. There's a trick to it; he don't swaller the darn thing."

Mr. Frank Dueck, Morris, Man.; writes:—"I was in a very severe nervous condition. I thought I would try Milburn's Heart and Nerve Pills, and after a few weeks, or so, I was back to the best of health again."

Negro Maid—"Missus, I'se lost my instinct."

Mistress—"But you must be mistaken. You can't have lost your instinct."

Negro Maid—"Oh, yes, I has," repeated the maid tearfully. "I can't smell anything at all."

How about a beautiful picture suitable for framing? See inside back cover for full particulars.

All Diseases of the Skin are Generally Traced to Bad Blood

There is not the slightest doubt, according to medical science, that the skin is liable to be attacked by more forms of irritations than any other part of the body, and although not usually attended by any fatal results or very serious forms of disease are, nevertheless, very painful, unsightly and embarrassing to the sufferer.

Under the heading of skin diseases we might enumerate eczema or salt rheum, tetter, psoriasis or dry tetter, scurf, itching rashes, ringworm, eruptions, ulcers, etc.

Skin diseases thrive mainly on bad blood, and it is absolutely impossible to eradicate them from the system unless you cleanse the blood of all its impurities.

There is no other medicine on the market to-day that can surpass Burdock Blood Bitters for driving all the impurities and foul humors out of the blood, and obstructions from the system.

Eczema On Hands—Would Itch and Burn

MRS. JAS. A. CURRIE, R. R. No. 3, Dresden, Ont., writes:—"For a number of years I was troubled with a form of eczema on my hands. They would itch and burn so at night I could not rest, and my work was a burden to me. I tried different ointments, but of no avail. At last I was advised to try Burdock Blood Bitters, and after taking three bottles my hands were healed and I have not had any return of the eczema since."

Was Bothered With Hives

MRS. EVERETT GLOVER, Vanderhoof, B.C., writes:—"I was very much bothered with hives, which left a red scab, and they were very painful. I was told by a friend to try Burdock Blood Bitters, and, now, I cannot recommend this medicine too highly."

Had a Bad Rash On Legs

MR. HARRY GOODMAN, 279 Bleecker St., Toronto, Ont., writes:—"Three years ago I was troubled with a very bad rash on my legs, and was told to try Burdock Blood Bitters. I procured three bottles and it certainly was a great relief to get rid of the rash."

Eczema So Bad Finger Nails Fell Off

MISS POMELIA BISSETTE, Cragie Lea, Ont., writes:—"For several years I was troubled with eczema, and it got so bad my finger nails fell off. I saw in your almanac where Burdock Blood Bitters was good for this trouble, so I got two bottles, and it certainly did me a lot of good, and is the only medicine that ever helped me."

Revitalize Your Nerves With Milburn's H. & N. Pills

FEBRUARY, 1931

MOON'S PHASES

		D.	H.	M.
☾	Full Moon.....	2	7	26 p.m.
☾	Last Quarter....	9	11	10 a.m.
☾	New Moon.....	17	8	11 a.m.
☾	First Quarter....	25	11	42 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	Sun	☉	7 36	5 27	7 00	
2	M	☉	7 35	5 29	rises	Very stormy
3	T	☉	7 34	5 30	6 29	with some
4	W	☉	7 33	5 32	7 52	rain
5	T	☉	7 32	5 33	9 13	or sleet
6	F	☉	7 30	5 35	10 31	
7	S	☉	7 29	5 36	11 47	
8	Sun	☉	7 28	5 37	a.m.	
9	M	☉	7 27	5 39	1 04	Continues stormy
10	T	☉	7 25	5 40	2 18	high winds
11	W	☉	7 24	5 41	3 19	and snow.
12	T	☉	7 23	5 42	4 34	
13	F	☉	7 21	5 44	5 28	
14	S	☉	7 20	5 45	6 13	
15	Sun	☉	7 18	5 46	6 49	
16	M	☉	7 17	5 48	7 17	Then turns
17	T	☉	7 16	5 49	sets	very clear
18	W	☉	7 14	5 51	7 03	and cold.
19	T	☉	7 13	5 52	8 15	
20	F	☉	7 11	5 54	9 07	
21	S	☉	7 10	5 55	10 10	
22	Sun	☉	7 08	5 56	11 16	Milder with some sleet or rain.
23	M	☉	7 06	5 57	a.m.	
24	T	☉	7 04	5 58	0 22	
25	W	☉	7 03	5 59	1 32	
26	T	☉	7 02	6 01	2 42	
27	F	☉	7 00	6 02	3 48	
28	S	☉	6 59	6 04	4 46	

FEBRUARY FARCES

A boy was found by the manager of a hotel cleaning boots in the bedroom corridor, and he was told that his work must be done in the basement.

"That's impossible," answered the lad. "This pair of boots belongs to a gentleman from Aberdeen, and he is holding the laces on the other side of the bedroom door."

Mrs. L. Hilliard, 326 Arlington Ave., Toronto, Ont., writes:—"My nerves were so bad I could not sleep well, but I found Milburn's Heart and Nerve Pills help me wonderfully."

Professor:—"I am going to speak on liars to-day. How many of you have read the twenty-fifth chapter of the text.

Nearly every student raised his hand. Professor:—"Good! You are the very group to whom I wish to speak. There is no twenty-fifth chapter."

Mrs. L. R. Wright, Scott Siding, N.B., writes:—"For years I suffered with palpitation and pains around my heart. I took Milburn's Heart and Nerve Pills and found them a wonderful medicine."

A Dutch farmer who had had a pig stolen from him ascended the witness stand to identify the stolen property.

"Did that pig of yours have any ear-marks?" asked the attorney for the defense.

The Dutchman thought a while and then replied: "Vell, de only ear-mark dat I remember vas his tail vas cut off."

Mrs. Fred Skelton, Battleford, Sask., writes:—"I was badly affected with my heart and nerves, but after taking Milburn's Heart and Nerve Pills I have been relieved of the miserable, weak feelings from which I suffered."

Betty:—"You embarrassed me at the dance. Your handkerchief hung out under your tuxedo coat all evening."

Bill:—"That didn't need to embarrass you. It wasn't my handkerchief—it was my shirt."

Mr. J. P. Beaton, McCreadyville, N.S., writes:—"For some time I had been ailing with my heart, and could not get any relief untill I used Milburn's Heart and Nerve Pills. Two boxes made me well again."

Free—A beautiful picture suitable for framing—See inside back cover for full particulars.

Boils, Ulcers, Rashes, Abscesses, Etc. Are All Caused By Bad Blood

There is no more frequent and prolific source of illness than a neglected state of impurity of the blood. When the blood becomes impure, poisoned or contaminated in any way it at once corrupts the whole system, and it is bound to show itself in many ways through the skin.

The best remedy for the eradication of the bad blood from the system is Burdock Blood Bitters, that old and well-known preparation that has been on the market for the past 52 years, combining as it does, in one medicine, the most powerful vegetable alteratives, tonics and blood purifiers known.

It is purely vegetable, containing no iodide of potassium, or other salts or minerals, like so many blood medicines do.

Doctor Said, "Salt Water Boils"

MR. GUY SANGSTER, New Harbour, N.S., writes:—"For several years, during the fishing season, I was afflicted with boils on my neck and wrists. The doctor called them salt water boils caused by my oil skins, wet with sea water, chafing my skin. I tried a lot of different medicines, but they all failed to help me. A friend told me to try Burdock Blood Bitters as it was a medicine for boils of all kinds, and before I had finished the first bottle the boils began to dry up. I took several bottles, that was six or seven years ago, and I am still a fisherman, under the same conditions, and I have never had a boil on me since. I have told several of my fisherman friends who have been afflicted in the same way and they have all had the same wonderful results as myself."

Had Abscesses In Her Mouth

MRS. ROBERT EADIE, Little Current, Ont., writes:—"I had abscesses in my mouth, and was very poorly all the time. I was advised, by a lady friend, to take Burdock Blood Bitters, so, in all, I took seven bottles and it gave me complete relief. That was seven years ago, now I am taking it again, as after childbirth I was all run down, and could not sleep, and I am sure I will soon be all right again."

Troubled With Boils On Face and Neck

MISS E. SHORTHOUSE, Truro, N.S., writes:—"I was troubled with boils on my face and neck due to the fact that I had impure blood in my system. I tried several medicines which had no effect on them. A friend recommended Burdock Blood Bitters, which she had taken for a similar trouble. After taking two bottles my blood was completely cleared, the boils disappeared, and I have never been troubled with them since. I know of nothing so splendid, or so wonderful as B.B.B. for a blood purifier and cleanser."

If You Can't Sleep Take Milburn's Heart and Nerve Pills

MARCH, 1931

MOON'S PHASES

		D.	H.	M.
☉	Full Moon.....	4	5	36 a.m.
☾	Last Quarter.....	11	0	15 a.m.
☾	New Moon.....	19	2	51 a.m.
☽	First Quarter....	27	0	4 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	Sun	♈	6 57	6 05	5 35	Cold and stormy with sleet or snow.
2	M	♈	6 55	6 06	6 14	
3	T	♈	6 54	6 08	6 45	
4	W	♈	6 52	6 09	rises	
5	T	♈	6 50	6 10	8 04	
6	F	♈	6 48	6 12	9 25	
7	S	♈	6 47	6 13	10 44	
8	Sun	♉	6 45	6 14	a.m.	Moderates with high winds and snow.
9	M	♉	6 43	6 15	0 03	
10	T	♉	6 41	6 16	1 18	
11	W	♉	6 39	6 17	2 26	
12	T	♉	6 37	6 19	3 25	
13	F	♉	6 36	6 20	4 14	
14	S	♉	6 35	6 21	4 52	
15	Sun	♊	6 33	6 23	5 22	Mild with high winds and rain.
16	M	♊	6 31	6 24	5 46	
17	T	♊	6 29	6 25	6 06	
18	W	♊	6 27	6 26	6 23	
19	T	♊	6 25	6 28	sets	
20	F	♊	6 23	6 29	8 02	
21	S	♊	6 22	6 30	9 07	
22	Sun	♋	6 20	6 32	10 14	Continues stormy then milder with rain.
23	M	♋	6 18	6 33	11 22	
24	T	♋	6 16	6 34	a.m.	
25	W	♋	6 14	6 35	0 32	
26	T	♋	6 12	6 37	1 38	
27	F	♋	6 11	6 38	2 38	
28	S	♋	6 09	6 39	3 28	
29	Sun	♌	6 07	6 40	4 10	Fine and cool.
30	M	♌	6 05	6 41	4 42	
31	T	♌	6 04	6 42	5 09	

MARCH MIRTHS

On Tuesday, a colored maid asked her mistress for permission to be absent the coming Friday. She explained that she wished to attend the funeral of her fiancé. The mistress gave the required permission sympathetically.

"But you're not wearing mourning, Jenny," she remarked.

"Oh, no, ma'am," the girl replied. "You see, ma'am, he ain't dead yet. The hanging ain't till Friday."

Milburn's Heart & Nerve Pills make weak hearts strong; shaky nerves firm.

Mrs. C. W. Frizzell, Duval, Sask., writes:—"During the day I had dizzy spells, and at night I was restless and had bad dreams. I felt much better after taking Milburn's Heart and Nerve Pills."

Mother:—"If you are so naughty you will never get a husband when you grow up—no man will marry such a quarrelsome, ill-mannered person."

Flossie:—"I know someone who did."

Mother:—"Whom?"

Flossie:—"Papa."

Miss Madeline Potrie, Hupel, B.C., writes:—"For over a year I was troubled with my nerves and could not sleep, or do my work. After using four boxes of Milburn's Heart and Nerve Pills I could sleep all night and work all day without any trouble."

Mother (after visitor had gone):—"Bobby, what on earth made you stick out your tongue at our pastor? Oh dear, oh dear."

Bobby:—"Why, muvver, I just showed it to him. He said, 'Little man, how do you feel?'—and I thought he was a doctor."

Mr. L. L. Langin, Gasperaux Falls, N.B., writes:—"After a severe attack of fever it left my heart in a bad condition. I took two boxes of Milburn's Heart and Nerve Pills and found they gave me complete relief."

"I hear you married dat slick yaller barber las' week, Mamie."

"Dat I did, Ida. Mo 'dan dat, I give him all ma money—two hundred an' eighty dollars to start a barber shop wid."

"Whar is he now?"

"Ah dunno; I'se jus' waitin' fo' him to come back from his honeymoon."

How to procure a beautiful premium picture suitable for framing. See inside back cover for particulars.

Unsightly, Pimply Faces May Be Quickly Cleared Up

Who is there that possesses a spark of sympathy in their nature does not feel a tinge of pity when they see a fair and otherwise beautiful face marred by unsightly pimples on the chin, nose, cheeks and forehead. And, yet, thousands suffer untold miseries, ashamed to go out in company, or on the street, from the knowledge that these defects and blemishes make them unattractive.

What is necessary for all those who are troubled with pimples and other facial blemishes, and who wish to have a clean, clear and healthy complexion is to put their blood into a good condition by banishing all the blood impurities from the system.

Burdock Blood Bitters is the remedy you need to do this; not a new and untried one, but one that has been on the market for over 50 years; a remedy that drives out all the impurities in the blood, and leaves the complexion smooth, clear and healthy, and a joy to both yourself and your friends.

Pimples On Face Humiliated Her

MISS FRANCES LODGE, R. R. No. 8, Dunnville, Ont., writes:—"I used to feel very humiliated whenever I would go to town on account of the breaking out of pimples on my face, caused by impure blood. Now all that has vanished, and I have not been bothered since I took a bottle of your wonderful medicine, Burdock Blood Bitters."

Pimples On Face So Thick Could Hardly Shave

MR. ALFRED W. PETERS, Mennon, Sask., writes:—"For about three years I had nasty, mattery pimples on my face and body, and at times they were so thick on my face I could hardly shave. I tried nine or ten different medicines, but found no relief. It happened I got one of your B.B.B. almanacs and made up my mind I would try Burdock Blood Bitters. I used two bottles and am now completely rid of the pimples."

Her Face Was Covered With Pimples

MISS ANNIE PATTRIC, Round Hill, Alta., writes:—"My face was covered with pimples, and my eyes were always dull. A friend told me to use Burdock Blood Bitters, and after taking the first bottle my face had improved and when I had finished the second one I could not find a pimple on my face, and my complexion was very much improved.

"My sister-in-law has been taking B.B.B. for headaches and says there is no other medicine as good for that trouble."

APRIL, 1931

MOON'S PHASES

		D.	H.	M.
Full Moon.....		2	3	6 p.m.
Last Quarter....		9	3	15 p.m.
New Moon.....		17	8	0 p.m.
First Quarter....		25	8	40 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets	Weather Probs.
			Rises	Sets		
1	W	♈	H.M. 6 02	H.M. 6 43	5 33	Continues fine and cool.
2	T	♈	6 00	6 45	risers	
3	F	♈	5 58	6 46	8 16	
4	S	♈	5 56	6 47	9 36	
5	Sun	♈	5 54	6 48	10 56	Dull and cloudy with wind and rain.
6	M	♈	5 53	6 50	a.m.	
7	T	♈	5 51	6 51	0 11	
8	W	♈	5 49	6 52	1 16	
9	T	♈	5 47	6 53	2 10	Clears and becomes fine and cool.
10	F	♈	5 46	6 54	2 52	
11	S	♈	5 44	6 55	3 24	
12	Sun	♈	5 43	6 56	3 51	
13	M	♈	5 41	6 58	4 12	Warmer with heavy rain and thunder storms.
14	T	♈	5 39	6 59	4 31	
15	W	♈	5 37	7 00	4 47	
16	T	♈	5 36	7 01	5 04	
17	F	♈	5 34	7 02	sets	Cool and dry to end.
18	S	♈	5 32	7 04	8 04	
19	Sun	♈	5 30	7 05	9 13	
20	M	♈	5 29	7 06	10 23	
21	T	♈	5 27	7 08	11 30	
22	W	♈	5 25	7 09	a.m.	
23	T	♈	5 24	7 10	0 32	
24	F	♈	5 22	7 11	1 25	
25	S	♈	5 20	7 12	2 09	
26	Sun	♈	5 19	7 13	2 43	
27	M	♈	5 18	7 14	3 11	
28	T	♈	5 16	7 15	3 35	
29	W	♈	5 15	7 17	3 56	
30	T	♈	5 13	7 18	4 18	

APRIL ATOMS

"Oh, mamma, we had the nicest Sunday School song—all about Gladly."

"Why, who is Gladly?"

"You know, the cross-eyed bear. We sang all about him."

It took the scandalized mother a few minutes to remember the hymn, "Gladly the Cross I Bear."

Mrs. John W. Robicheaud, Weymouth North, N.S., writes:—"I was troubled with heart trouble for years, but after taking Milburn's Heart and Nerve Pills I was completely relieved. I am now able to do all my own work."

Little Nellie told little Anita what she termed a "little fib."

Anita:—"A fib is the same as a story and a story is the same as a lie."

Nellie:—"No, it's not."

Anita:—"Yes, it is, because my father said so, and he is a professor at the university."

Nellie:—"I don't care if he is. My father is a used car salesman and he knows more about lying than your father."

Mrs. Daniel Mack, Springbrook, Ont., writes:—"I had very bad spells with my heart. I decided to take Milburn's Heart and Nerve Pills and I feel that they saved my life."

Two Irishmen went fishing and took a quart of whisky along. They decided to open the bottle, but had forgotten to take a corkscrew along. After a few minutes hard work with the cork, Pat turned it over to Mike, and after watching his efforts, he asked, "Can't ye get it out, Mike?"

"Sure, begob, oi'll git it out, if oi have to push it in to do it."

Mrs. Robert W. Leard, Coleman, P.E.I., writes:—"I was troubled with my heart and nerves, felt tired all day, and could not sleep at night. I took five boxes of Milburn's Heart and Nerve Pills and now I am feeling O.K. again."

"If you're offered a second piece of cake, Willie, be a little man, and refuse it, just as nicely as your father does."

Willie returned exultantly from the party. Fondly his mother asked him, "Did you refuse the second piece of cake as I told you?"

"Oh, yes, mother, just as father does. I just said, 'Take that d—d stuff out of my sight.'"

Let us send you a beautiful picture suitable for framing. See inside back cover for full particulars.

After the "Flu" Use Milburn's Heart and Nerve Pills

Do Not Allow Headaches To Make Your Life Miserable

To suffer from headaches makes life miserable. There are many varieties of this trouble, the most common being sick or bilious headache, nervous headache, headache from constipation, debility or indigestion, and periodical and spasmodic headaches.

Those dull throbbings and intense pains, varying in severity by the cause which brings them on purely indicates that there is something wrong.

Over study and over work, or the stomach may be out of order, the bowels become constipated, or the blood may not be circulating properly.

To get rid of headaches it is necessary to remove the cause by toning up and regulating the digestive and biliary organs, and obtaining a free circulation of pure, rich, red blood.

Burdock Blood Bitters removes the cause of headaches, and not only does this, but it restores the whole system to healthy action and buoyant vigor.

Dizzy Headaches and Poor Appetite

MRS. E. EVERITT, Amherst, N.S., writes:—"I was bothered, for about two months, with dizzy headaches, and my appetite was very poor. I was told about Burdock Blood Bitters and after I had taken five bottles I felt like a different person. I certainly have great faith in B.B.B."

Husband and Wife Both Suffered From Headaches

MRS. N. C. P. RITCHIE, Prud'homme, Sask., writes:—"I suffered, for some time, from terrible headaches. I tried all kinds of headache powders and tablets, but they did not relieve me. One day I saw Burdock Blood Bitters advertised and decided I would try a bottle, and when I had taken it I seemed to feel better, so continued until I had used three bottles more.

My husband, for two years, also suffered from terrible headaches, which were so bad he could not sleep, but now our headaches do not bother us at all, as B.B.B. has done such wonders for us."

Health Run Down—Had Dizzy Headaches

MRS. LLOYD BABCOCK, Hartington, Ont., writes:—"Some time ago I was all run down in health. I had dizzy headaches, and suffered a great deal with fainting spells. I was advised to try Burdock Blood Bitters and after taking two bottles I felt like a new person.

"My husband, also, was troubled with indigestion after meals, and could get nothing to do him any good until he took B.B.B. We both recommend this medicine very highly."

In The Spring You Should Take Burdock Blood Bitters

That dull, tired, listless, all-down-and-out, don't care to-do-anything feeling, that comes over you in the spring of the year, can be entirely rooted out of the system by the use of Burdock Blood Bitters. Its action is quick, its results all that can be desired. By the endorsement of the public it has been recognized, for the past 52 years, as the greatest of all spring medicines.

Gives It To The Family Every Spring

MRS. E. OLIVER, Nisbet, Alta., writes:—"Being a user of your Burdock Blood Bitters, for several years, I cannot speak too highly of it. Suffering from a continued run down condition every spring and being recommended to use B.B.B. I did so. I have also given it to my family every spring and find it a sure and quick remedy for that tired and depressed feeling so annoying at this time of year."

Rheumatism So Bad Could Hardly Walk

MRS. WM. KNEZIG, R.R. No. 5, Guelph, Ont., writes:—"For years I suffered with rheumatism, and my hands and feet used to swell so, at times, I could hardly walk, and could not sleep or rest for the pain. I used different kinds of medicine, but got nothing to do me any good until a friend told me to take Burdock Blood Bitters. Now I have no more pains and the rheumatism is all gone, and I am very grateful to B.B.B. for what it did for me."

In a Run Down Condition After Child-Birth

MRS. LEN. LIVINGSTONE, Maynooth, Ont., writes:—"For some time I have been troubled with a run down condition, and nothing seemed to give me strength enough to do my work. My weakness was due to child-birth. A friend said to me 'If you would take Burdock Blood Bitters you would get relief,' so I at once got a bottle and found that in a very short time I had regained my strength."

Over Work The Cause Of Her Trouble

MRS. J. J. STUART, 240 Ave. N., North Saskatoon, Sask., writes:—"I got in a run down condition and was losing my health. My husband got me a bottle of Burdock Blood Bitters, and after taking two bottles I began to eat well, sleep better, put on flesh, and got stronger. Over work was the cause of my trouble. I also had about 24 boils come on my legs, but I have had none since I took B.B.B. I can truthfully say it is a wonderful tonic."

12 Women With "The Blues" Should Use Milburn's H. & N. Pills

MAY, 1931

MOON'S PHASES

		D.	H.	M.
Full Moon.....		2	0	14 a.m.
Last Quarter.....		9	7	48 a.m.
New Moon.....		17	10	28 a.m.
First Quarter.....		24	2	39 p.m.
Full Moon.....		31	9	33 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather
			Rises	Sets		
1	F	♈	5 12	7 19	4 42	Fair and cool.
2	S	♈	5 11	7 21	rises	
3	Sun	♈	5 09	7 22	9 46	Turns warmer
4	M	♈	5 07	7 23	10 57	with some rain
5	T	♈	5 06	7 24	11 58	and thunder.
6	W	♈	5 05	7 25	a.m.	
7	T	♈	5 03	7 27	0 47	
8	F	♈	5 02	7 28	1 25	
9	S	♈	5 01	7 29	1 53	
10	Sun	♈	4 59	7 30	2 16	Fair and cool.
11	M	♈	4 58	7 31	2 36	
12	T	♈	4 57	7 32	2 53	cooled by cold rains.
13	W	♈	4 56	7 33	3 10	
14	T	♈	4 55	7 34	3 27	
15	F	♈	4 54	7 36	3 44	
16	S	♈	4 53	7 37	4 05	
17	Sun	♈	4 52	7 38	sets	Fair and warmer
18	M	♈	4 51	7 39	9 21	with frost at night.
19	T	♈	4 50	7 40	10 26	
20	W	♈	4 49	7 41	11 22	
21	T	♈	4 48	7 42	a.m.	
22	F	♈	4 47	7 43	0 18	
23	S	♈	4 46	7 44	0 45	
24	Sun	♈	4 45	7 45	1 15	Turns cool and fair
25	M	♈	4 44	7 46	1 39	
26	T	♈	4 43	7 47	2 00	
27	W	♈	4 42	7 48	2 21	
28	T	♈	4 42	7 49	2 43	
29	F	♈	4 41	7 50	3 07	
30	S	♈	4 40	7 50	3 36	
31	Sun	♈	4 40	7 51	rises	month.

MAY MERRIMENT

A woman driver ran into a post and bent a fender. It worried her. She went to a garage and asked the mechanic:

"Can you fix this fender so my husband won't know it was bent?"

The mechanic looked at the bent fender and then at her and said:

"No, lady, I can't. But I tell you what I can do. I can fix it up so that in a few days you can ask your husband how he bent it."

Mrs. George W. Gray, Green Lake, B.C., writes:—"I was sick and weak, had headaches and dizzy spells, and could not do my housework. I only used three boxes of Milburn's Heart and Nerve Pills, and now I feel well and happy once more."

"I hope that's a nice book for you to read, darling," said a conscientious mother to her young daughter.

"Oh, yes, mother, it's a lovely book, but I don't think you would like it. It's so sad at the end."

"How is it sad, dear?"

"Well, she dies, and he has to go back to his wife."

Mrs. Henry Neal, Bloomfield Stn., N.B., writes:—"I had a nervous breakdown, and I could not stand the least noise. I took Milburn's Heart and Nerve Pills and now feel completely relieved."

He examined his Cork face before the mirror. "Oi don't know whither oi should be after wearin' a black tie or a white wan for the avenin', Bridget. What's the correct form for a man over sixty?"

His wife regarded him unfavorably. "Chloroform."

Mrs. J. Richette, Stonecliffe, Ont., writes:—"My heart was very weak, and my nerves so bad I could not sleep at night. After taking five boxes of Milburn's Heart and Nerve Pills I could sleep as well as ever."

Captain:—"All is lost! We cannot save the ship!"

Moses:—"Do you hear vat he says, Jakie? The ship is going to sink!"

Jakie:—"Vell, let it sink. Vat do we care? Ve don't own it, do we?"

Look on inside back cover for full particulars of how to get a beautiful premium picture suitable for framing.

Girls Budding Into Womanhood Should Use H. & N. Pills

Does Your Heart Ever Bother You?

We are living in an age under constant strain and stress. In the hurry, rush and worry of business, the care and anxiety of the household, the exaction of social duties, the late hours, the excitement, the excessive use of tobacco, tea, coffee and alcoholic beverages all tend to put a burden on your heart it is unable to stand, and breakdown must eventually come. Then the heart will start to palpitate and throb, beat irregularly and intermittingly, beat fast for a time and then so slow as to almost stop, you become short of breath, have faint and dizzy spells, smothering and choking sensations; cold, clammy hands and feet, the lips have a bluish tinge. When these troubles manifest themselves you must guard against them by getting your heart properly regulated and the one way to do this is to use Milburn's Heart and Nerve Pills. They strengthen the weak heart and build up the whole system.

Palpitation of the Heart for 14 Years

MRS. E. V. ANGELL, Canmore, Alta., writes:—"For fourteen years I had suffered from palpitation and general weakness of the heart. My nerves were also constantly on edge and I could not lie down to rest as the least little thing would set them going. I now live up in the Rocky Mountains where, when I came here first, the high altitude helped to make matters even worse. I saw your advertisement for Milburn's Heart and Nerve Pills and decided to purchase another failure, as I thought, but, no, and I am thankful to-day to state I am again my normal self. I owe it all to your Pills and, I cannot recommend them too highly."

Pains Around Heart—Short of Breath

MRS. EDMOND ROCHELEAU, R. R. No. 1, Windsor, Ont., writes:—"I suffered with pains around my heart, and was so short of breath I could not walk upstairs without having to sit down to get my breath. My daughter told me to get Milburn's Heart and Nerve Pills, and after having taken three boxes I have not been bothered since. I will recommend this wonderful remedy to all sufferers who are in the condition I was, and I feel sure they will receive great benefit."

Hands and Feet Numb and Cold

MR. ALEX. OTT, Major, Sask., writes:—"For several years I was troubled with my heart and nerves and was so bad at times my hands and feet would become numb and cold. One day a neighbor told me about Milburn's Heart and Nerve Pills; I took his word for it and sent for some immediately, and in a short time they certainly made a difference in me, and my trouble has never come back on me since."

Another Bad Night! Couldn't Sleep!

Sleep is essential to our very existence, as while we repose we are collecting energy to go forth to another day's work. Loss of sleep is a serious matter, and unless we get sufficient rest the nervous system is sure to collapse. There are many causes of sleeplessness among them being worry about business and other tasks, some constitutional trouble of which it is a symptom, the excessive use of tobacco, coffee and alcoholic stimulants, palpitation of the heart, bad dreams, etc.

Sleeping powders, potions and drops are generally very dangerous and are liable to become habit forming. What is necessary is to tone up the whole nervous system, and this can be best done with Milburn's Heart and Nerve Pills. Then there is no more broken rest; no more nightmares; no more frightful dreams; no more sinking and smothering sensations; no more getting up in the morning as tired as when you went to bed.

Suffered Agonies From Insomnia

MRS. J. T. CAMPBELL, Sunnyside Rabbitry, Kelowna, B.C., writes:—"The second year of the war I had a severe shock which brought on a nervous breakdown. For weeks I suffered agonies from insomnia. The doctor gave me sleeping draughts which, for a time, relieved me a little, but I got so I would have to take two, and sometimes three doses in a night, and I was afraid I would become a dope addict. Seeing in your almanac about Milburn's Heart and Nerve Pills I decided to give them a trial and three boxes gave me relief, and I will always be thankful I took them, and recommend them to all my friends as I know them to be a good medicine."

Nerves So Bad Could Not Sleep

MRS. ALEX. CLOUTHIER, Bark Lake, Ont., writes:—"I was troubled with my nerves, could not sleep at night, and had weak spells every morning. I was advised to try Milburn's Heart and Nerve Pills and after taking one box I soon found the weak spells had disappeared and I could sleep better, and after taking six boxes I was completely relieved of my trouble, and could do my own work."

Pains In Heart, Afraid To Go To Bed

MRS. ETHEL EMMONS, 487 Alfred St., Kingston, Ont., writes:—"I was very much run down and nervous; also short of breath and was sorry when night came for when I would lie down I would have such sharp pains in my heart I was afraid to go to bed, in case I would die before morning. One day a friend told me about Milburn's Heart and Nerve Pills. I took five boxes and feel fine now and cannot thank anything but your Pills for my present good health."

There's Nothing Like Burdock Blood Bitters For Headaches

'JUNE, 1931

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter....	8	1	18 a.m.
☾	New Moon.....	15	10	2 p.m.
☾	First Quarter....	22	7	23 p.m.
☾	Full Moon.....	29	7	47 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather
			Rises	Sets	Rises	Probs.
			H.M.	H.M.	H.M.	
1	M	T	4 39	7 52	9 43	Fair
2	T	T	4 38	7 53	10 37	and
3	W	T	4 38	7 54	11 20	cool
4	T	F	4 38	7 55	11 53	then
5	F	F	4 37	7 55	a.m.	turns
6	S	S	4 37	7 56	0 19	cloudy.
7	Sun	X	4 36	7 57	0 39	Sultry
8	M	X	4 36	7 57	0 57	and
9	T	X	4 36	7 58	1 14	close
10	W	X	4 36	7 59	1 31	with
11	T	X	4 36	8 00	1 48	rain
12	F	X	4 36	8 01	2 08	and
13	S	X	4 36	8 01	2 32	thunder.
14	Sun	X	4 35	8 01	3 02	Cool
15	M	X	4 35	8 01	sets	and
16	T	X	4 35	8 01	9 15	cloudy
17	W	X	4 35	8 02	10 05	with
18	T	X	4 35	8 02	10 46	occasional
19	F	X	4 35	8 02	11 18	showers.
20	S	X	4 36	8 03	11 43	
21	Sun	Y	4 36	8 03	a.m.	
22	M	Y	4 36	8 03	0 06	Clears
23	T	Y	4 36	8 03	0 26	up
24	W	Y	4 36	8 03	0 47	becomes
25	T	Y	4 37	8 03	1 10	dry
26	F	Y	4 37	8 04	1 36	and
27	S	Y	4 37	8 04	2 09	pleasant.
28	Sun	Z	4 38	8 04	2 50	Fine
29	M	Z	4 38	8 06	rises	to
30	T	Z	4 39	8 06	9 15	end.

JUNE JESTS

It was just before breakfast. The farm hands were lined up at the wash-basin, when Farmer Brown noticed the new hand standing off in the corner.

"Hain't ye washed yet, Hiram?" queried Farmer Brown.

"Shucks, no, exclaimed the new farmhand. "I don't get dirty while I sleep."

Miss M. A. Murray, Upsalquitch, N.B., writes:—"I was troubled with eczema for some time. A friend advised me to take Burdock Blood Bitters. I have not been troubled since."

Mr. Robert McLaughlin, R.R. 1., Orillia, Ont., writes:—"I was troubled with indigestion after every meal and could get nothing to do me any good. I read about Burdock Blood Bitters and am now on my third bottle, and I have improved so much the indigestion does not bother me any more."

A man about to take a train was worried by the station clocks. There was twenty minutes difference between the one in the office and the one in the waiting room. Finally, he questioned the porter. That worthy made a careful survey of the two clocks, and shook his head doubtfully. Then he brightened suddenly, and said: "It don't make a single mite of difference about them clocks. The train goes at fourteen, no matter what."

Mr. Victor Sloney, Clarkboro, Sask., writes:—"For two years I was troubled with boils on my neck, and just as soon as one disappeared another took its place. After taking a bottle of Burdock Blood Bitters I was entirely rid of the boils and have never had any trouble since."

A man, who is the father of a year-old youngster, met his pastor on Sunday afternoon.

"Why weren't you at church this morning?" asked the pastor.

"I couldn't come," was the answer. "I had to stay at home and mind the baby; our nurse is sick."

"That's no excuse," said the pastor.

"It isn't? Well, next Sunday I'll bring him to church with me and see how you like it."

Miss Mildred Kinney, Moose Mountain, N.S., writes:—"Some time ago I was bothered with pimples on my face. I took a bottle of Burdock Blood Bitters and was very much pleased with the results. I think it is a wonderful medicine for pimples."

Clear Up The Complexion With Burdock Blood Bitters

Burning The Candle At Both Ends Will Cause A Nervous Breakdown

The term nervous breakdown may include any form of nervous or mental trouble. Worry over business or household duties, sudden shock, over ambition of social struggle, the insane quest of pleasure, foolish attempts to put a week of normal life into twenty-four hours, feverish over-inactivity, the demand for sensational literature, over anxiety are all conducive to the aggravation of the wear and tear on the heart and nervous system. When you feel your nerves getting shaky, and your heart beginning to act up it is time for you to do something for them. In Milburn's Heart and Nerve Pills we have a remedy prepared with accuracy and skill from the formula of a specialist on heart and nerve troubles; a remedy that will act harmoniously on both the heart and nervous system and restore them to a normal, healthy and vigorous condition.

Tired and Nervous After Day's Work

MRS. HARRY C. CHAPMAN, Petiscodiac, N.B., writes:—"I am the mother of six children, and had to get around and do my own work. My heart was very weak, and I was in a nervous condition for some time. I bought a box of Milburn's Heart and Nerve Pills and found they were a great help to me. Especially when I had gone through a day of hard work and would be tired and nervous at night I would take a dose of the Pills and could rest comfortably all during the night."

Nerves So Bad Could Not Sit Still

MR. GEO. VANATTAN, R. R. No. 3, Brockville, Ont., writes:—"Three years ago my nerves were so bad I could not sleep at night, and in the day time it was impossible for me to sit still in one place any length of time. Finally I got so bad I could not shave or feed myself. My feet and legs got so numb I had no feeling in them. My mother saw where Milburn's Heart and Nerve Pills were highly recommended so got me three boxes. I had only taken one box when I could shave myself, and when I had finished the three boxes I had no more trouble with my nerves."

After Child's Birth Nerves Were Bad

MRS. H. BARKER, Bredenburg, Sask., writes:—"I have quite a large family and found each time it took longer to gain my strength. After the last baby was born it was two weeks before I was able to be down stairs. My nerves were so bad I could not eat or sleep, and they were getting worse. I decided to try Milburn's Heart and Nerve Pills. Thanks to them, I soon began to improve, and before two boxes were finished I was able to sleep and enjoy life."

Pimples Cleared Up With Burdock Blood Bitters

JULY, 1931

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter....	7	6	52 p.m.
☾	New Moon.....	15	7	20 a.m.
☾	First Quarter....	22	0	16 a.m.
☾	Full Moon.....	29	7	48 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Precbs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	W	♈	4 39 8	05	9 51	Continues fair and warm.
2	T	♈	4 39 8	04	10 19	
3	F	♈	4 40 8	04	10 44	
4	S	♈	4 41 8	04	11 09	
5	Sun	♈	4 41 8	04	11 22	Turns cooler with occasional showers.
6	M	♈	4 42 8	03	11 35	
7	T	♈	4 42 8	03	11 52	
8	W	♈	4 43 8	02	a.m.	
9	T	♈	4 43 8	02	0 10	Becomes very hot and sultry with thunder storms.
10	F	♈	4 44 8	02	0 31	
11	S	♈	4 45 8	01	0 57	
12	Sun	♈	4 46 8	00	1 33	
13	M	♈	4 46 8	00	2 19	Fine with warm days and cool nights.
14	T	♈	4 47 7	59	3 17	
15	W	♈	4 48 7	59	sets	
16	T	♈	4 49 7	58	9 17	
17	F	♈	4 51 7	57	9 45	Ends cloudy with light rain.
18	S	♈	4 51 7	56	10 10	
19	Sun	♈	4 52 7	56	10 32	
20	M	♈	4 53 7	55	10 53	
21	T	♈	4 54 7	54	11 14	
22	W	♈	4 55 7	53	11 39	
23	T	♈	4 56 7	52	a.m.	
24	F	♈	4 57 7	51	0 19	
25	S	♈	4 58 7	50	0 47	
26	Sun	♈	4 59 7	49	1 34	
27	M	♈	5 00 7	48	2 31	
28	T	♈	5 01 7	47	3 35	
29	W	♈	5 02 7	46	rises	
30	T	♈	5 03 7	45	8 47	
31	F	♈	5 04 7	44	9 07	

JULY JINGLES

"Sho," said Uncle Abe, "Who they buryin' to-day?"

"Pore old Tite Harrison," said the storekeeper.

"Old Tite Harrison, hey! Why is old Tite dead?"

"You don't think they'd be rehearsin' with him, do you?" snapped the storekeeper.

We are offering a beautiful premium picture suitable for framing, to all those who have used any of our remedies. See inside back cover for particulars.

Mr. W. D. Chisholm, Black Avon, N.S., writes:—"For two years I was run down and suffered from severe headaches, but after using three bottles of Burdock Blood Bitters I now feel completely relieved of my trouble."

A woman had been inoculated preparatory to going abroad. Next day, to get over the effects, she remained in bed. It happened that an intimate friend called, and the small daughter was sent downstairs to explain.

"Mummy's in bed," she said.

"In bed?"

"Yes, she was intoxicated yesterday, and has a bad headache."

Mrs. Jas. Morgan, Sarnia, Ont., writes:—"I was troubled with boils and had as many as seventeen at a time. I had almost given up hope of getting rid of them, a friend recommended Burdock Blood Bitters which completely relieved me of them."

"This theory about fish being brain food is all nonsense."

"Why do you say so?"

"Because the greatest number of fish are eaten by the very people who are idiots enough to sit out all day waiting for them to bite."

Miss M. Scott, Harcourt, Ont., writes:—"I had nasty pimples, filled with matter, all over my face. I used a bottle of Burdock Blood Bitters and now there is not a sign of a pimple."

A man had just finished his meal in a restaurant and taking a cigar out of his pocket started to light it.

"You are not allowed to smoke, sir."

"Why!" said he, "that's what my doctor told me. But how the dickens did you know?"

Get Rid of Itching Rashes By Using B.B.B.

Had Severe, Dull Aches Around Heart Terrible Dizzy and Fainting Spells

MR. PHIL. WOLOVETS, Dana, Sask., writes:—"I was suffering from severe, dull aches around my heart, and also had terrible dizzy and fainting spells, and my case became very serious. While working out in the fields there were many times when I dropped unconscious and on recovering from the spell I usually found my horses stampeded, or else tangled up in a mess. I consulted physicians, but they did not seem to do me much good. Finally I had to give up my farm altogether, but I did not get any better, instead seemed to be getting worse, and as I did not believe proprietary medicines would help me I did not try any. But when my case got to a critical point I was induced by a neighbor to try Milburn's Heart and Nerve Pills. I clutched at the chance like a drowning man at a straw, and now I cannot express my gratitude for your Pills, as after using several boxes I got so much better I am now back on the farm feeling like a new-born man, and have had a feeling of thankfulness, ever since my recovery, to Milburn's Heart and Nerve Pills, and I want to express my most hearty thanks to you.

I always keep a box in the house although I do not need them now, but it gives me a comfortable feeling to know I have them handy.

Three years ago I believed that if a physician could not help a sufferer a proprietary medicine could not, but nothing will convince me of such an idea again."

Shortness of Breath and Dizziness

MRS. G. A. CAVERLY, R. R. No. 1, Marmora, Ont., writes:—"Some-time ago I was taken with dizziness and shortness of breath. I tried doctor's medicine, and other remedies, but got no relief. I was then advised to try Milburn's Heart and Nerve Pills, which I did and found them of great help to me. I took two boxes and since then I have not had any of those attacks."

Weighted 120 lbs., Now Weighs 148

MISS MILDRED LUCK, Shanty Bay, Ont., writes:—"I had palpitation and throbbing of the heart, and could not go upstairs, or hurry myself in any way, and my nerves were very bad. I used Milburn's Heart and Nerve Pills and am feeling fine. I weigh 148 now whereas I only weighed 128 before. I feel so different now as I am full of pep and life."

Was Run Down—Couldn't Do Her Work

MRS. H. D. BILLINGS, Haliburton, Ont., writes:—"I was so run down I couldn't do my work. My heart would beat very fast and everything before me would turn black. At last my mother advised me to try Milburn's Heart and Nerve Pills, and to-day I am feeling well and strong again."

The Heart and Nerves Left Affected After Severe Illnesses or Operations

Many people become weak and run down after an operation, or some illness, and the heart or nerves, or both, are left affected in some way. All those who are troubled from these after effects will find that Milburn's Heart and Nerve Pills strengthen their weak heart, tone up the nervous system and bring back bodily strength and vigor.

After Effects of the "Flu"

MRS. S. HUBBARD, R. R. No. 5, Forest, Ont., writes:—"After the "flu" I was left in a very weak and run down condition. I felt tired all day, and could not sleep at night. For a long time I tried all kinds of medicine, but none helped me until I started taking Milburn's Heart and Nerve Pills. I took five boxes and I am very thankful for their wonderful help to me, as I am now strong and well, and can sleep soundly all night."

Rheumatism Weakened Her Heart

MRS. C. FAWDRY, Harrow, Ont., writes:—"Some time ago I was forced to remain in bed for several weeks as my heart had been weakened, and my nerves were very bad, after an attack of rheumatism. I read a letter of recommendation, for Milburn's Heart and Nerve Pills, from Mrs. Fowler, Auburn, Ont., and from which I thought she was very much the same as I, so decided to try your Pills. I took eight boxes and am glad to say they were a wonderful help to me."

Goitre Made Her Heart Weak

MRS. THOS. MOOREHEAD, Mount Albert, Ont., writes:—"I have used Milburn's Heart and Nerve Pills to build up my system. Goitre was my first trouble and it made my heart very weak, and I could get nothing to strengthen it in any way until I started to take your Pills. I couldn't even work for two years, but now, I am completely recovered and my heart gives me no trouble whatever."

Dull Pain Under Heart From Smoking

MR. JOSEPH P. SCHMIDT, McCord, Sask., writes:—"For about five or six weeks I had a dull pain under my heart, especially when I smoked my pipe too much. I got so bad I had to quit smoking. One day I read about Milburn's Heart and Nerve Pills, so I got four boxes, but after using the first one I felt quite well again."

Use Burdock Blood Bitters For Rheumatism

AUGUST, 1931

MOON'S PHASES

		D.	H.	M.
Last Quarter....		6	11	28 a.m.
New Moon.....	13	3		27 p.m.
First Quarter....	20	6		36 a.m.
Full Moon.....	27	10		10 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets	Weather Probs.
			Rises	Sets		
1	S	♋	H.M. 5 05	H.M. 7 43	H.M. 9 24	Fair
2	Sun	♋	5 06	7 42	9 40	
3	M	♋	5 07	7 41	9 57	
4	T	♋	5 08	7 39	10 14	and warm then
5	W	♋	5 09	7 38	10 34	very hot
6	T	♋	5 11	7 36	10 57	followed
7	F	♋	5 12	7 35	11 27	
8	S	♋	5 13	7 34	11 58	
9	Sun	♋	5 14	7 32	a.m.	
10	M	♋	5 15	7 31	0 59	by thunder storms.
11	T	♋	5 16	7 29	2 03	
12	W	♋	5 18	7 28	3 18	
13	T	♋	5 19	7 27	sets	Turns warm.
14	F	♋	5 20	7 25	8 11	
15	S	♋	5 21	7 23	8 34	
16	Sun	♋	5 22	7 22	8 56	
17	M	♋	5 23	7 21	9 18	Bright sunny days
18	T	♋	5 24	7 19	9 42	with cool nights.
19	W	♋	5 25	7 18	10 10	
20	T	♋	5 26	7 16	10 45	
21	F	♋	5 27	7 14	11 30	
22	S	♋	5 28	7 13	a.m.	
23	Sun	♋	5 30	7 11	0 24	
24	M	♋	5 31	7 09	1 26	Continues warm with occasional showers.
25	T	♋	5 32	7 08	2 32	
26	W	♋	5 33	7 06	3 41	
27	T	♋	5 34	7 04	rises	
28	F	♋	5 36	7 02	7 29	
29	S	♋	5 37	7 01	7 46	
30	Sun	♋	5 38	6 59	8 03	Fine, cool.
31	M	♋	5 39	6 57	8 19	

AUGUST AMUSEMENT

Mrs. MacDougal leaned from the window as the train pulled into the small town. Spying a small boy, she beckoned.

"Little boy, do you mind your father and mother?"

"Yes, ma'am."

"Do you go to Sunday school?"

"Yes, ma'am."

"I think I can trust you. Take this tuppence and get me two buns at the baker's. And remember, God sees you!"

Mrs. Arthur Baker, Hanover, Ont., writes:—"I had a nervous breakdown and, could not sleep. I took Milburn's Heart and Nerve Pills and they did the world and all for me."

The young son who had his leg fractured in a motor accident was told by the doctor that they were going to take him to the hospital.

Boy:—"Oh, doctor, I don't want to go to a hospital."

Doctor:—"Why, a hospital's a fine place—clean and convenient."

Boy:—"But, doctor, I don't want to go there. I don't want a baby. I want a pup."

Mr. G. J. Kayner, St. Brieux, Sask., writes:—"I was troubled with a pain in my heart, and my nerves were so bad I could not sleep. After using four boxes of Milburn's Heart and Nerve Pills the pain was gone, and I feel O.K. now."

The town of Punkville has a regulation against bare legs on the street. Flesh colored hose were a problem. They solved that nicely, by watching for the seam. Then came seamless hose.

"How can I tell whether these girls have bare legs or not?" was the plaint of a policeman.

"Pinch 'em," was the only suggestion he got.

Mrs. Jas. Ouillette, Byng Inlet, Ont., writes:—"I had heart and nerve trouble, and could not sleep at night on account of shortness of breath. I took three boxes of Milburn's Heart and Nerve Pills and found there was nothing better for my trouble."

We are giving away a beautiful premium picture suitable for framing. See inside back cover for particulars.

Weakness Of The Kidneys Leads To Serious Diseases

When the kidneys become infected serious diseases such as dropsy, diabetes or Bright's disease may follow, but, perhaps, your kidneys are affected and you are not aware of it, so we are naming, for your benefit, some of the symptoms you should watch out for so you can tell if there is anything wrong; lame, weak or aching back, sharp twinges of pain when stooping or lifting, puffiness under the eyes, swelling of the feet or ankles, frequent thirst; scanty, cloudy, thick or highly colored urine, burning or scalding sensation during or after urinating, brick dust deposit in the urine, lumbago, rheumatism, gout, etc.

Any of the above symptoms should be a warning to you to look after your kidneys at once and, perhaps, save you years of unnecessary suffering.

Doan's Kidney Pills are a most effective medicine for all forms of kidney and bladder trouble. They are a pill for the kidney and the kidneys only, and if the bowels do not function properly we would advise the use of Milburn's Laxa-Liver Pills at the same time as taking the Doan's Kidney Pills.

Suffered From Acute Kidney Trouble

MR. JAS. E. ELLCOME, Scandia, Alta., writes:—"Last spring I suffered from acute kidney trouble and a burning sensation when passing my urine. I had just come over from England and drinking the water here, there being a lot of alkali in it, I believe was the cause of my trouble. Also my back pained me so much I could hardly bend down, and it was impossible for me to lift anything. An Old Country fellow who was here advised me to take Doan's Kidney Pills. I received quite a little relief after taking the first box, and after taking three boxes the pains in my back and the scalding when urinating absolutely disappeared."

Kidneys Always Out of Order

MR. A. GABERT, Springside, Sask., writes:—"I was always troubled with my kidneys being out of order. I tried different medicines, but without any help. After taking Doan's Kidney Pills I feel much better. I think they are great for anybody sick with kidney trouble."

Pains In Back Caused By Kidney Trouble

MRS. E. CROMWELL, 46 Lowell St., Galt, Ont., writes:—"I suffered terribly from pains in my back caused by kidney trouble. A friend told me to take Doan's Kidney Pills and after taking two boxes the pains had all gone. I now feel like a different woman, and am able to do all my own work."

If You Have "Sleepy Feet" Use Milburn's H. & N. Pills

It's A Warning To Everyone When The Back Starts To Ache

There is not a man or woman in Canada who is suffering from a weak, lame or aching back but would like to get rid of it.

The trouble is, most people fail to recognize what the meaning of a bad back is.

The stitches, twitches and twinges are bad enough and cause enough misery, but back of the backache, and the cause of it all are the disordered kidneys crying out a warning through the back.

Once it is understood that the pain in the back is the kidneys' cry for help, then people know what to do, and that is go to their assistance with Doan's Kidney Pills, a remedy for every form of backache, and the sick kidneys that cause it.

You do not experiment when you take Doan's Kidney Pills as they have been on the market for the past 46 years, so are not a new and untried remedy.

Suffered From Backache For Two Years

MRS. MICHAEL DEMPSEY, Jacquet River, N.B., writes:—"For two years I suffered with backache, and I tried different doctors, but they did me no good. My aunt was visiting me and told me to try Doan's Kidney Pills. At first I told her it was of no use, but at last she persuaded me to try one box. I used three boxes, that was four years ago, and I have never been troubled since in any way. I could do all my own work, while before I used the Pills I was almost an invalid.

My husband was troubled with pimples all over his face, but after using two bottles of Burdock Blood Bitters the pimples completely vanished."

Backache Caused By Her Kidneys

MRS. J. BRANDY, 310 James St. North, Hamilton, Ont., writes:—"I have suffered for years from backache caused through my kidneys. Every time I would have to bend down to do my work I could not get up unless by the aid of help. A friend was in to see me one day and advised me to try Doan's Kidney Pills. I told her it was no use as I had tried everything without getting any benefit, but she persisted until I promised to try a box, and before I had finished the second one I was relieved of my pains."

In Terrible Condition With Continual Backache

MRS. E. BERGET, Medicine Hat, Alta., writes:—"Before using Doan's Kidney Pills I was in a terrible condition with a continual backache, tired feeling, and completely run down. I used six boxes of Doan's Kidney Pills and I am now relieved of my backaches, and that horrid, tired feeling which I had all the time. I am certainly thankful for what these Pills did for me."

For Sensation of "Pins and Needles" Use Milburn's H. & N. Pills

SEPTEMBER, 1931

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter.....	5	2	21 a.m.
☾	New Moon.....	41	11	26 p.m.
☾	First Quarter.....	18	3	37 p.m.
☾	Full Moon.....	26	2	45 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	T	♈	5 40	6 55	8 38	Opens with pleasant warm days.
2	W	♈	5 41	6 54	9 00	
3	T	♈	5 42	6 53	9 26	
4	F	♈	5 43	6 51	10 00	
5	S	♈	5 44	6 49	10 46	
6	Sun	♈	5 45	6 47	11 43	Fair warm days with cool nights.
7	M	♈	5 47	6 45	a.m.	
8	T	♈	5 48	6 43	0 52	
9	W	♈	5 49	6 41	2 09	
10	T	♈	5 50	6 39	3 31	Turns cooler expect frosts at night.
11	F	♈	5 51	6 38	sets	
12	S	♈	5 53	6 36	6 57	
13	Sun	♈	5 54	6 34	7 19	
14	M	♈	5 55	6 32	7 43	Continues cool followed by high winds
15	T	♈	5 56	6 30	8 10	
16	W	♈	5 57	6 29	8 44	
17	T	♈	5 59	6 27	9 26	
18	F	♈	6 00	6 25	10 18	
19	S	♈	6 01	6 23	11 17	
20	Sun	♈	6 01	6 22	a.m.	
21	M	♈	6 02	6 20	0 23	
22	T	♈	6 04	6 18	1 32	and rain. Ends showery.
23	W	♈	6 05	6 16	2 40	
24	T	♈	6 06	6 14	3 45	
25	F	♈	6 07	6 12	4 49	
26	S	♈	6 08	6 10	rises	
27	Sun	♈	6 10	6 08	6 26	
28	M	♈	6 11	6 06	6 43	
29	T	♈	6 12	6 04	7 04	
30	W	♈	6 13	6 03	7 28	

SEPTEMBER SMILES

"Johnny, run to the door and tell Mrs. Smith that I'm out."

"Hello, Mrs. Smith. Mom's out."

"Oh, that's too bad. I just came over to borrow some sugar."

Johnny (shouting up the stairs):—"Mom! Did you mean that you were out of sugar?"

Mr. N. H. Federuk, Kaleland, Alta., writes:—"For years I was troubled with fluttering of the heart, and could hardly walk. After taking several boxes of Milburn's Heart and Nerve Pills I was completely relieved."

Mistress:—"Why didn't you put the watermelon in the icebox as I told you?"

Maid:—"I did ma'am."

Mistress:—"But it isn't cold."

Maid:—"Well, how could it be? I had to take out the ice to get it in."

Mr. Wm. R. Foster, Lanark, Ont., writes:—"I got rundown and my nerves became very bad. I took three boxes of Milburn's Heart and Nerve Pills and am feeling fine now."

"And you say you have nightmare every night," the doctor enquired. "What is it?"

The suffering man answered: "I dream that I'm married."

"Ah, hum!" the physician grunted. "To whom?"

"To my wife," the patient replied. "That's what makes it a nightmare."

Mrs. D. M. Cornell, Cabin Lake, Alta., writes:—"I used to be so nervous and shaky I could hardly write, but after taking Milburn's Heart and Nerve Pills I feel considerably better in every way."

The Cohens were renting a furnished apartment. Cohen had found the place that met with all his requirements, but Mrs. Cohen demurred: "I don't like this flat."

"Vat's de matter, Rachel? Ain't it a fine flat? Vy it has all de latest improvements—vash stands, indecent lights, semetery plumbing, end two kinds of vater, vy not?"

"I know all vat you say, but dere are no curtains in de beth room. Every time I tek a beth de neighbors can see me."

"Dat's all right, Rachel,—if de neighbors see you, dey vill buy de curtains."

To all those who have used any of our preparations we are offering a beautiful premium picture. For full particulars see inside back cover.

Keep Your Heart Action Right With Milburn's H. & N. Pills

Any Looseness Of The Bowels Should Be Checked At Once

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 seldom, if ever, fails to check the discharges.

This wonderful bowel complaint remedy was first introduced to the public in the year 1845, 86 years ago, and it still stands unrivalled for every variety of bowel trouble such as diarrhoea, dysentery, colic, cramps, pains in the stomach or bowels, cholera, cholera morbus, cholera infantum and all summer complaints.

Dr. Fowler's Extract of Wild Strawberry is rapid in its effect, its action is pleasant, reliable and effectual, and it does not leave the bowels in a constipated condition like so many medicines of this nature do.

Her Three Children Had Diarrhoea

MRS. LEO LAPOINTE, Laurier, Man., writes:—"My three youngest children were very bad with diarrhoea. I tried all kinds of remedies, until a kind old lady told me to try Dr. Fowler's Extract of Wild Strawberry. I went and got a bottle right away and started giving it to them, and the next day the diarrhoea had stopped altogether. Now I will know what to do when any of my children are troubled that way again."

Two Children Had Summer Complaint

MRS. J. J. MACDONALD, Glace Bay, N.S., writes:—"I am the mother of six children, and would not be without a bottle of Dr. Fowler's Extract of Wild Strawberry in the house. My two youngest were very sick with summer complaint and there was nothing I tried could equal that remedy, and I had tried most everything but they could get no relief. 'Dr. Fowler's' made a change in both of them in less than two hours. It certainly has been a wonderful friend to me."

Four Doses Relieved Bad Attack of Cholera

MR. W. J. COOPER, Rigwood Farm, Maughan, Alta., writes:—"A year ago last spring I arrived in Canada with my family, and one of my boys, aged six, was suffering very much with cholera. When we arrived I had a few hours to wait and I told one of the attendants at the station about it, and he asked me if I had ever tried Dr. Fowler's Extract of Wild Strawberry. I had never heard of it in England, so he told me I could get it in Winnipeg. I am pleased to say that I had only to give the child four doses and he got well and was quite cheerful by the next morning."

OCTOBER, 1931

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter....	4	3	15 p.m.
☾☾	New Moon.....	11	8	6 a.m.
☾☾☾	First Quarter....	18	4	20 a.m.
☾☾☾☾	Full Moon.....	26	8	34 a.m.

Day of Week	Day of Month	Zodiac Signs	Sun		Moon	Weather
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	T	♈	6 14 6	01 7	59	Pleasant days,
2	F	♈	6 16 5	59 8	40	cool
3	S	♈	6 17 5	58 9	31	nights.
4	Sun	♈	6 18 5	56 10	33	Bright
5	M	♈	6 19 5	54 11	45	clear
6	T	♈	6 20 5	53 a.m.		days,
7	W	♈	6 21 5	51 1	04	frosts
8	T	♈	6 22 5	49 2	24	at
9	F	♈	6 23 5	47 3	46	night.
10	S	♈	6 25 5	45 5	07	
11	Sun	♈	6 26 5	43 sets		Colder
12	M	♈	6 27 5	41 6	08	followed
13	T	♈	6 29 5	40 6	39	by
14	W	♈	6 30 5	38 7	18	high
15	T	♈	6 31 5	36 8	08	winds
16	F	♈	6 32 5	35 9	07	and
17	S	♈	6 33 5	33 10	12	rain.
18	Sun	♈	6 34 5	32 11	20	
19	M	♈	6 35 5	30 a.m.		Moderates,
20	T	♈	6 37 5	28 0	19	still
21	W	♈	6 38 5	27 1	36	cool
22	T	♈	6 39 5	25 2	40	and
23	F	♈	6 41 5	24 3	43	unsettled
24	S	♈	6 42 5	22 4	45	
25	Sun	♈	6 44 5	20 5	47	with
26	M	♈	6 45 5	19 rises		some
27	T	♈	6 46 5	17 5	43	snow
28	W	♈	6 48 5	16 6	02	flurries,
29	T	♈	6 49 5	14 6	39	clear
30	F	♈	6 50 5	13 7	27	and
31	S	♈	6 52 5	11 7	55	cool.

OCTOBER ODDITIES

One of a party out shooting snipe was a novice at the sport. When, at last, he saw one of the birds walking about, he plumped down on his stomach, and took aim. A companion called to him sharply: "You're not going to shoot the bird while it's walking, are you?"

"No," was the firm response; "I'll wait till it stops."

Please read on inside back cover our free offer of a picture suitable for framing.

Mrs. W. G. Cooper, Holland, Man., writes:—"I was run down, weak and nervous, before my last baby was born, but on taking Milburn's Heart and Nerve Pills I soon recovered my strength."

Teacher:—"Norman, give me a sentence using the word 'diadem'."

Norman:—"People who drive on to the railroad crossings without looking diadem sight quicker than those who stop, look and listen."

Mrs. R. Schrader, Haliburton, Ont.; writes:—"I had been bothered quite a bit with my heart. I was told about Milburn's Heart and Nerve Pills, and I am pleased to say they gave me almost instant relief."

"Pat, was there ever anything more wonderful than a camel going through the eye of a needle?"

"Yes, yer Riverence, there was. Oi've seen me two hundred pound ould woman go through me pants pockets, time an' agin', bedad."

Mrs. M. Brewer, Zealand, N.B., writes:—"For about three years I was troubled with weakness of the heart. I took six boxes of Milburn's Heart and Nerve Pills, and I am very thankful for having found such a good medicine."

The landlady came in, the next morning, with a smile. "I hopes you slep' well, Brudder Crimmins."

"Naw, I didn'. I'se been troubled wid insomnia."

"Look here man! I gibe yo' a dollar bill fo' ebry one you fin's in yo' bed!"

Mr. Alex. McInnis, Ball's Bridge, N.S., writes:—"I was troubled with my heart, and my nerves were so bad I could hardly sleep. My wife got me to use Milburn's Heart and Nerve Pills, and after taking two boxes I felt fine again."

You Do Not Experiment When You Get Dr. Fowler's Extract of Wild Strawberry It Has Been on the Market For 86 Years

No other remedy gives such prompt relief, quiets the pain so effectually, and allays irritation so successfully, in all cases of bowel troubles, as this unrivalled prescription of Dr. Fowler

Had Terrible Cramps In Her Stomach

MISS FRANCES TUNON, Penetanguishene, Ont., writes:—"I was suffering from terrible cramps in my stomach, and no matter what I did I could get no relief. One of my friends told me to use Dr. Fowler's Extract of Wild Strawberry, so I bought a bottle and it did me a world of good."

Little Girl Had Diarrhoea When Cutting Teeth

MRS. SYLVESTER STONE, Turriff, Ont., writes:—"My little girl, when she was cutting her teeth, was taken very badly with diarrhoea. A friend advised me to give her Dr. Fowler's Extract of Wild Strawberry. I got a bottle and gave her a few doses and she was all right again."

Three Weeks' Siege of Spasmodic Colic

MRS. FRED A. JAMIESON, Port Dover, Ont., writes:—"My youngest brother is continually troubled with his stomach. A year ago last spring he had a three weeks' siege of spasmodic colic caused through indigestion. My mother tried everything without results until she bethought herself of her bottle of Dr. Fowler's Extract of Wild Strawberry which had not been used for some time. The first dose gave him relief from the pain and subsequent treatment completely remedied the trouble, and he has not had an attack since. 'Dr. Fowler's' now has a foremost place in my own household."

Diarrhoea—Summer Complaint

MRS. E. E. ZELMER, 2022 McDonald St., Regina, Sask., writes:—"During the summer of 1929 when diarrhoea or summer complaint was running its course in this city, and many babies dying from it, my two-year-old girl took it one night, and her bowels became so active everything she ate either went right through her, or was vomited up. I went to the drug store and asked for some good medicine for summer complaint and the clerk handed me a bottle of Dr. Fowler's Extract of Wild Strawberry. After giving the child four doses I noticed it was doing the work, and before the bottle was half used she was herself again and could eat her regular meals without any trouble. I will not try to keep house any more unless I have a bottle of Dr. Fowler's Extract of Wild Strawberry handy."

Melancholy Women Should Use Milburn's H. & N. Pills

The Secret Of Living Happily Depends Greatly On The Liver

Many reasons combine to make the liver an organ to be carefully guarded from disease and watchfully maintained in healthy performance of its functions. It is the largest gland and its purpose is to secrete bile, the natural cathartic principle that governs regular action of the bowels.

A disordered liver causes constipation, biliousness, sick headaches, nausea, jaundice, etc.

Yellow eyes, coated tongue, bad taste in the mouth, languor, dull spirits all show the presence of liver trouble, and mark the necessity of resorting to those unequalled liver regulators, Milburn's Laxa-Liver Pills, which produce a radical and complete relief of any phase of liver complaint, through their thorough and natural action on the organs of the body, as well as on the liver.

After the "Flu"—Pains In Right Side

MR. F. E. SMITH, Kitchener, B.C., writes:—"After getting over the "Flu" I was left with bad pains in my right side. I tried calomel and salts, but they only relieved me for the time and the severe pains would come back again. I then tried your Milburn's Laxa-Liver Pills which, so far, have relieved me completely for the first time in two years."

Would Wake Up With Coated Tongue

MISS T. SWAMPS, Fisher Branch, Man., writes:—"Some time ago I began having trouble with my liver. Every morning I would wake up with a thickly coated tongue. One day I saw an advertisement for Milburn's Laxa-Liver Pills, so decided I would try them. Now I am feeling much better, and I can safely say they did me a great deal of good."

Had Bad Bilious Spells

MRS. JOHN MCINTYRE, Oxbow, Sask., writes:—"For years I had bad bilious spells, and they would come on me about every two weeks. I tried lots of different medicines until I found out about Milburn's Laxa-Liver Pills, and they proved to be just the remedy I required. I have not had even one spell in the last four years."

Terrible Pains Across Her Stomach

MRS. K. LISAY, R. R. No. 1, Hannon, Ont., writes:—"I suffered terribly, for years, from constipation, and my bowels would not move for two or three days at a time. It was very hard for me to do my work as I would get terrible pains across my stomach. After trying different medicines I decided to take Milburn's Laxa-Liver Pills, and I got wonderful relief in a very short time."

NOVEMBER, 1931

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter...	3	2	18 a.m.
☾	New Moon.....	9	5	55 p.m.
☾	First Quarter....	16	9	13 p.m.
☾	Full Moon.....	25	2	10 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	Sun	☉	6 53	5 10	9 32	Fair and cool.
2	M	☉	6 54	5 09	10 46	
3	T	☉	6 55	5 08	a.m.	unsettled,
4	W	☉	6 56	5 07	0 03	rain,
5	T	☉	6 57	5 05	1 20	sleet,
6	F	☉	6 59	5 04	2 39	or
7	S	☉	7 00	5 03	3 59	snow.
8	Sun	☉	7 02	5 01	5 20	
9	M	☉	7 03	5 00	sets	Clear,
10	T	☉	7 04	4 59	5 08	sharp
11	W	☉	7 06	4 58	5 54	with
12	T	☉	7 07	4 57	6 50	heavy
13	F	☉	7 08	4 55	7 55	frost.
14	S	☉	7 10	4 54	9 06	
15	Sun	☉	7 11	4 53	10 16	
16	M	☉	7 13	4 52	11 24	Turns
17	T	☉	7 14	4 51	a.m.	milder
18	W	☉	7 15	4 50	0 30	with
19	T	☉	7 17	4 50	1 33	drizzling
20	F	☉	7 18	4 49	2 35	rain
21	S	☉	7 19	4 48	3 37	then
22	Sun	☉	7 20	4 47	4 40	
23	M	☉	7 22	4 46	5 46	colder
24	T	☉	7 23	4 46	6 53	with
25	W	☉	7 24	4 45	rises	sleet
26	T	☉	7 25	4 45	5 24	or
27	F	☉	7 26	4 44	6 19	snow.
28	S	☉	7 27	4 44	7 25	
29	Sun	☉	7 28	4 43	8 37	Ends
30	M	☉	7 30	4 43	9 52	stormy.

NOVEMBER NUGGETS

The newly-married couple were having turkey for the first time.

"I don't know how it is," remarked the husband, "but this bird's got bones all over it. Just listen to the knife on them."

"Oh, how silly of you, darling! Those aren't bones. Those are the shells."

"Shells?"

"Yes. Don't you remember you said you liked turkey with oyster stuffing?"

Mrs. A Ford, Newcastle Creek, N.B., writes:—"My heart was weak and my nerves bad, but after taking a few boxes of Milburn's Heart and Nerve Pills I became strong and healthy again."

"What's your business?" the judge asked the Irish witness, in a Toronto court.

"Oi'm a sailor, yer honor."

"You don't look like a sailor. I don't believe you were ever on a ship."

"No, yer honor. Faith, an' a man like you must know. I suppose I came over from the ould country in a hack."

Mrs. J. P. Jones, Edgley, Sask., writes:—"Last winter I became very much run down and could not sleep. After I took one box of Milburn's Heart and Nerve Pills I found them to be a wonderful remedy."

Pat and Mike were hunting. Pat saw a duck far overhead, gave it both barrels, and to his delight saw the bird fall to the ground.

"Ye wasted that powder, Pat," said Mike, pityingly.

"Oi got the boird, didn't oi?"

"Yes; but the fall would a' kilt him."

Mrs. R. Ingles, Amherst, N.S., writes:—"A few years ago I had palpitation of the heart, and was advised by a friend to use Milburn's Heart and Nerve Pills. I did so and they helped me wonderfully."

It was close to 8.15, and the gallery was crowded.

"Two single seats," announced the usher, facing the standing crowd.

"But you wouldn't separate a daughter from her mother would you?" asked the older of the two women who were close to the aisle.

"You're quite right, madam; I wouldn't, I did that once, and I've been regretting it ever since," replied the usher.

Constipated Bowels

The Cause Of Many Ills

It is of the utmost importance to health that the bowels be kept regular, for when clogged up they give rise to impure blood, headaches, biliousness, piles, and serious disturbances generally.

Constipation is caused by errors in diet, neglect of regular habits, and a torpid condition of the liver.

Milburn's Laxa-Liver Pills are nature's true remedy for constipation as they arouse the liver to proper action to secrete healthy bile, which is nature's cathartic.

Milburn's Laxa-Liver Pills are small and easy to take, and do not gripe, weaken or sicken.

Constipation and Severe Headaches

MR. R. G. RADCLIFFE, Port Arthur, Ont., writes:—"For over two years I had suffered from constipation and severe headaches. I tried all kinds of remedies, but everything failed to give me that long sought relief. I heard of Milburn's Laxa-Liver Pills and thought I would give them a trial. I found complete relief before I had finished the first vial, and, now, I suffer no more from my trouble."

Bowels Wouldn't Move For Days At A Time

MR. JOHN W. SHAPKA, Wahstao, Alta., writes:—"I suffered, for about three years, from constipation. My bowels, sometimes, did not move for three days at a time, and I had such terrible pains across my stomach I could hardly walk. I tried different medicines, but got no relief. I went to the doctor and he said I would have to undergo an operation, but I was afraid to be operated on. I went to the druggist and he advised me to take Milburn's Laxa-Liver Pills. I am now on my third vial, and I am really surprised at the results I have received."

Constipated After Operation For Appendicitis

MRS. EDWIN ROSE, R. R. No. 5, Stratford, Ont., writes:—"A few years ago I went through an operation for appendicitis, and ever after that I was always constipated. I took a few vials of Milburn's Laxa-Liver Pills and they helped me so much I never have any more trouble with my bowels."

Bowels Constipated After Child-Birth

MRS. P. JURAULE, Kayville, Sask., writes:—"After my first baby was born I suffered a great deal from constipation. I tried several laxatives, but they did not help me, but after taking a vial of Milburn's Laxa-Liver Pills they relieved me. Now, since my third baby, I am using them again, and will never be without a vial in the house."

Milburn's Heart and Nerve Pills Build Up Run Down Women

DECEMBER, 1931

MOON'S PHASES

		D.	H.	M.
6	Last Quarter....	2	11	51 a.m.
9	New Moon.....	9	5	16 a.m.
12	First Quarter....	16	5	43 p.m.
15	Full Moon.....	24	6	24 p.m.
18	Last Quarter....	31	8	23 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
1	T	♈	H.M. 7 31 4	H.M. 42 11 08		
2	W	♈	7 32 4	42 a.m.		Opens cool
3	T	♈	7 33 4	42 0 25		and bright.
4	F	♈	7 34 4	41 1 40		
5	S	♈	7 35 4	41 2 56		
6	Sun	♈	7 36 4	41 4 16		Turns cold
7	M	♈	7 38 4	41 5 38		with cold
8	T	♈	7 39 4	40 7 00		sets rains
9	W	♈	7 40 4	40 5 34		or sleet.
10	T	♈	7 41 4	40 6 44		
11	F	♈	7 41 4	40 7 56		
12	S	♈	7 42 4	40 9 07		Moderates for
13	Sun	♈	7 43 4	40 10 16		few days
14	M	♈	7 44 4	41 11 21		then quite cold.
15	T	♈	7 45 4	41 a.m.		
16	W	♈	7 46 4	41 0 23		
17	T	♈	7 46 4	41 1 25		
18	F	♈	7 47 4	42 2 28		
19	S	♈	7 48 4	42 3 32		
20	Sun	♈	7 48 4	42 4 38		Cool pleasant
21	M	♈	7 49 4	43 5 47		days then snow
22	T	♈	7 49 4	43 6 53		flurries.
23	W	♈	7 50 4	43 rises		
24	T	♈	7 50 4	44 5 13		
25	F	♈	7 51 4	45 6 25		
26	S	♈	7 51 4	46 7 41		
27	Sun	♈	7 51 4	47 8 58		Cold and
28	M	♈	7 52 4	47 10 15		stormy then
29	T	♈	7 52 4	48 11 29		warmer.
30	W	♈	7 52 4	49 a.m.		
31	T	♈	7 52 4	49		

DECEMBER DROLLERY

"An' what doctor did ye have in, whin Mike got sick?"

"Doctor Morgan."

"Ye ain't havin' Doctor Hogan any more?"

"Indade not! Why, Dr. Hogan was sick himself, an' d'ye know what he did? He had two other doctors in. Thinks I to myself, I won't trust no doctor that can't doctor himself."

If you wish us to send you one of our premium pictures see inside back cover for particulars.

Mrs. James Harris, Glencoe, N.B., writes:—"For six months I was troubled with smothering spells and was gasping for breath all the time. I took Milburn's Heart and Nerve Pills and they gave me complete relief."

Small Brother:—"Say, sis, can I hang up one of your stockings at Christmas?"

Big Sister:—"What on earth do you want to hang up one of mine for?"

Small Brother:—"So's I can see what's in it without getting out of bed."

Mrs. E. M. Law, Howell, Alta., writes:—"After my baby was born I was very weak and nervous. I got a box of Milburn's Heart and Nerve Pills and in a short time I felt very much better."

"Aw, what makes you think there ain't no Santa Claus?"

"'Cause before Christmas I put a mousetrap in my stocking, and the next morning daddy had his finger tied up."

Mrs. Philes Lysitza, Yellow Creek, Sask., writes:—"For a long time I was bothered with fluttering of my heart and could hardly walk a short distance. I took three boxes of Milburn's Heart and Nerve Pills and I am now feeling fine again."

"Look, papa, Abie's cold is cured and we still have half a bottle of Dr. Wood's Norway Pine Syrup left."

"Oi, vat extravagance. Tell Hymie to go out and get his feet vet."

Mrs. Perry Goulden, Gunning Cove, N.B., writes:—"For two years I was run down and very nervous. I tried several remedies, but nothing did me any good until a friend recommended Milburn's Heart and Nerve Pills. After taking four boxes I am now over my trouble."

Use Milburn's H. & N. Pills For That Smothering Feeling

The Slight Cold Of To-day May Become Serious To-morrow

A "common cold" is a serious matter and the only proper thing to do is to get rid of it as quickly as possible, for if you do not it may result in congestion, inflammation and irritation of the head, throat and air passages, followed by bronchitis, pneumonia, or some other pulmonary trouble.

Dr. Wood's Norway Pine Syrup is particularly adapted for all colds, coughs, bronchitis, and all troubles of a bronchial nature, combining as it does the virtues of the Norway pine tree with wild cherry bark and other absorbent, expectorant and soothing properties of excellent barks, herbs and roots of recognized value.

On the first sign of a cold or cough go to your druggist or dealer and procure a bottle of Dr. Wood's Norway Pine Syrup and see how quickly it will give you the desired relief.

Tickling In Throat Caused Coughing Spells

MRS. H. W. KUEHL, Killaloe, Ont., writes:—"Some time ago I had a very bad cold and the tickling in my throat would cause long spells of coughing. I was advised by a friend to use Dr. Wood's Norway Pine Syrup and after taking the first bottle my cough had gone. I can recommend it to anyone with a cold or cough."

Cough Lasted For Three Weeks

MRS. M. C. McALLISTER, West Roachvale, N.S., writes:—"Being a farmer's wife I was sometimes exposed to wet, and contracted a cough, following a common cold, that nothing seemed to help. It lasted for three weeks, and grew more annoying and tiresome as the days went on. Finally I got a bottle of Dr. Wood's Norway Pine Syrup, and after the first few doses the cough was softened and when I had finished the bottle it was entirely gone. I can safely say I would rather have Dr. Wood's Norway Pine Syrup than any cough medicine sold at three times the price."

Severe Cold On Chest For Four Months

MR. GEORGE BOKLASCHUK, Borden, Sask., writes:—"I had suffered, for four months, with a severe cold on my chest. I kept on neglecting it thinking it would leave me like some previous mild cases had, but it did not; instead it got worse as time went on, and I don't know where I would have landed had it not been for a friend who advised me to take Dr. Wood's Norway Pine Syrup. I purchased a bottle and before I was half through with it I felt completely relieved."

Use Milburn's Heart and Nerve Pills For "Jumpy" Nerves

The Coughs and Colds of the Children Are an Awful Worry to the Mother

Mothers should never neglect the coughs and colds of the children, as this is the time when particular care must be exercised to prevent any possibility of some serious pulmonary trouble taking hold on the respiratory organs later on in life.

There is nothing better for the children's colds, coughs, croup, bronchitis, or any other troubles of the air passages than Dr. Wood's Norway Pine Syrup. It is absolutely safe, does not contain any habit forming drugs, and is so pleasant to the taste the youngsters take it without any fuss.

When you notice the child catching cold do not delay, but get a bottle of Dr. Wood's Norway Pine Syrup at once and you will find that in a very short time it will soothe the infected membranes, stop the irritation, subdue the inflammation and all the trouble will vanish.

Her Three Children Had Nasty Coughs

MRS. C. R. KEEHN, Hylo, Alta., writes:—"My three children had nasty, whoopy coughs, and they would choke and throw up everything they would eat. I got so worried I went to town and asked the store-keeper if he had anything that would help them. He handed me a bottle of Dr. Wood's Norway Pine Syrup, and I certainly was thankful as it relieved them of the choking and they could keep down everything they ate."

Mother Got No Rest Child's Cough So Bad

MRS. J. R. FINLAY, 708 Martin Ave., Winnipeg, Man., writes:—"About a year ago my little girl contracted a severe cold, and for days at a time I never knew what it was to get a full night's sleep, in fact, my husband had to lay off work so I could get some rest. When it seemed as if the cold was never going to clear up I called in a doctor and he said the child had croup and bronchitis and left some medicine for her, but it seemed to help only for a time. One day a friend was in and told me about Dr. Wood's Norway Pine Syrup, but by that time I was sick and tired of trying so many different medicines. However, she sent me over a bottle of 'Norway Pine Syrup' and that night was the first time I had had any sleep for about three weeks, as the child only wakened up about three times and coughed very little. From then on she picked up very quickly. The doctor came in to see her one day and he got a great surprise when he saw her looking so well, as he said he never expected to see her pull through."

When You Have a "Heart Spell" Use Milburn's H. & N. Pills

Our Offer of a Beautiful Premium Picture

THE present of this picture, suitable for framing, will be mailed **free** to all those who have used any of the preparations advertised in the Almanac.

To receive one of these pictures it is necessary for you to **observe the following instructions, otherwise it will not be sent.**

Name the remedy you have used and give us a full description of your experience with it.

Be sure and see that your name and address is plainly written.

If you do not receive your picture in a reasonable length of time, kindly drop us a card to this effect.



THE T. MILBURN CO. LIMITED - Toronto 2, Ont.

BRITISH TROOP OIL

FOR USE IN THE HOME

Use It Externally for cuts, wounds, burns, bruises, sprains, bites of insects, frost bites, chilblains, stiff joints, rheumatism, lumbago, or any muscular soreness.

Use It Internally for sore throat, quinsy, croup, tonsillitis, or any other trouble of the throat or chest.

RHEUMATISM AND LUMBAGO

Mrs. James McNeil, Inverness, N.S., writes:—"Having been troubled with rheumatism for years, and often getting a bad spell of lumbago, I had tried many different liniments with little success. A friend persuaded me to try British Troop Oil, and I must honestly say that after the first application I knew I had found something I wanted."

FOR USE IN THE STABLE

For cuts, kicks, corks, scratches, sprains, stiff joints, swellings, glandular enlargements and all open wounds and sores, also for cracked teats and caked udder on milch cows.

COLT HAD SWOLLEN LEG

Mr. Percy Crowshaw, Hereford Breeder, Amaranth Station, Ont., writes:—"Last winter one of my colt's hind legs was swollen from the hock down. I tried different remedies, but got no results, but after the third rubbing with British Troop Oil the swelling was all gone."

Your Health Demands the Best

So Why Accept a Substitute

FOR the past 65 years, ever since we have been in business, our preparations have been recognized as standards of medicinal excellence all over Canada, so much so, that there have been many imitations and substitutes offered to the public with the claim that they are "just as good."

As a rule, a large majority of the druggists and general-store-dealers are fair and above board, but there are a few who will try to sell you a substitute, not because they value your health, but because they can make a larger profit on the cheap, non-advertised article.

FOR YOUR PROTECTION you will find below a reproduction of our different wrappers, and we want you to see that they correspond with what you are buying.

WE WISH TO WARN YOU AGAINST ACCEPTING SUBSTITUTES

THEY MAY PROVE DANGEROUS TO YOUR HEALTH

