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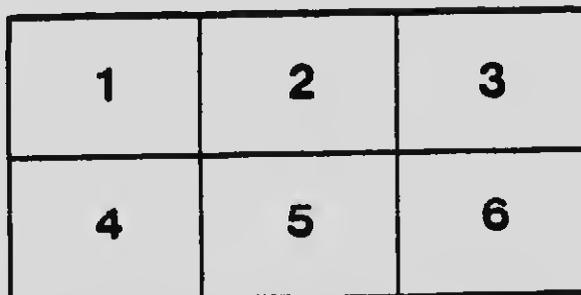
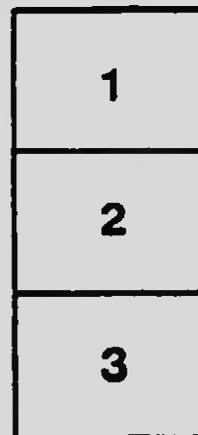
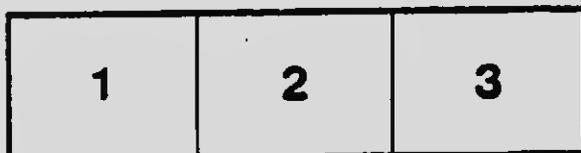
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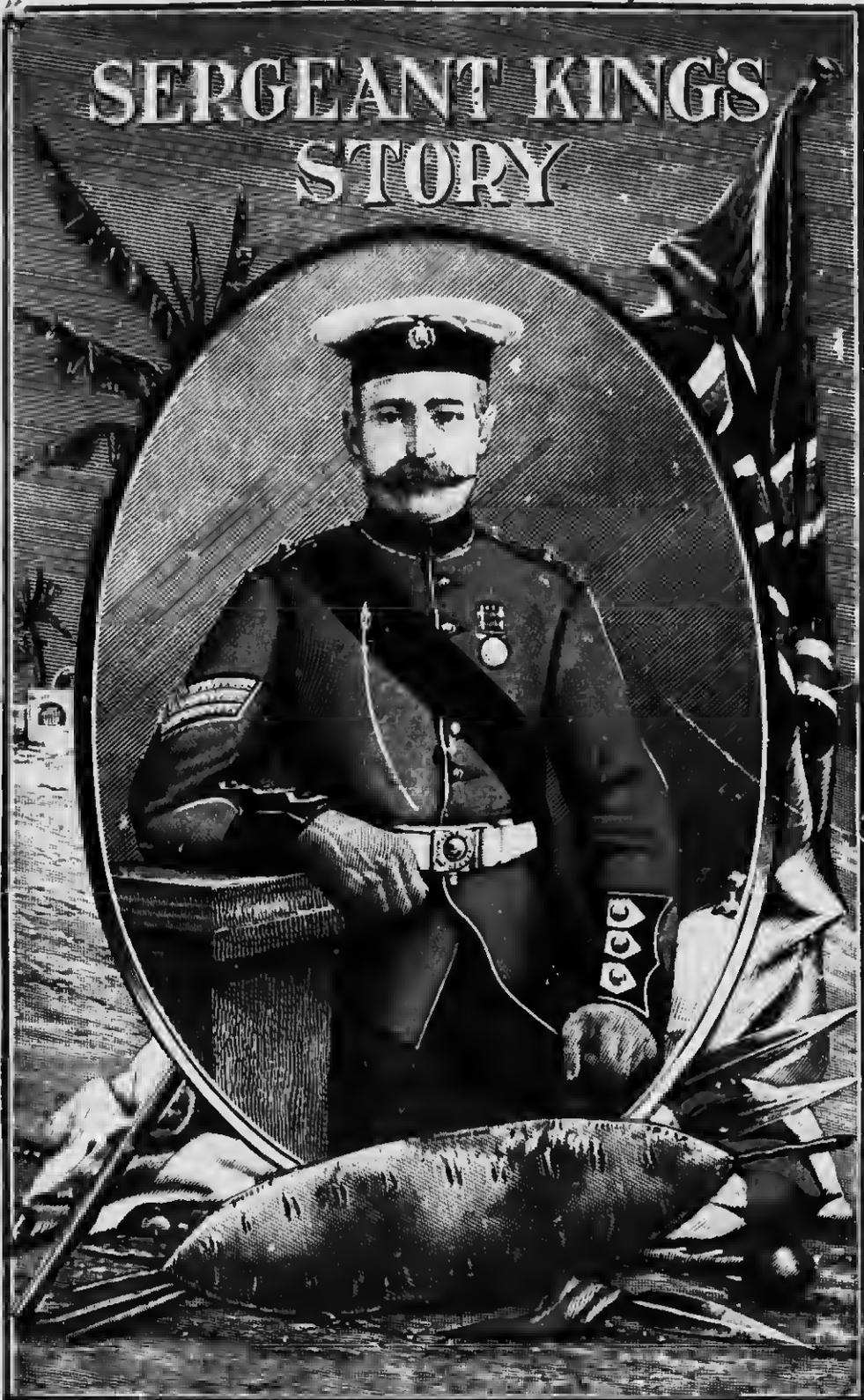
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SERGEANT KING'S STORY



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 1910
 PXXY

ECLIPSES FOR 1911.

In the year 1911 there will be two Eclipses, both of the Sun.
 I. A Total Eclipse of the Sun April 28th, visible here only as a partial eclipse—the sun setting eclipsed; visible to eastern Australia and large portions of the central and southern Pacific Ocean.
 II. An Annular Eclipse of the Sun October 21st, invisible here, but visible to the greater part of Asia, Australia, and portions of the Pacific and Indian Oceans adjacent thereto.

♈ ARIES.—THE HEAD.

♊ GEMINI.
THE ARMS.

♉ TAURUS.
THE NECK.

♌ LEO.
THE HEART.

♋ CANCER.
THE BREAST.

♎ LIBRA.
THE REINS.

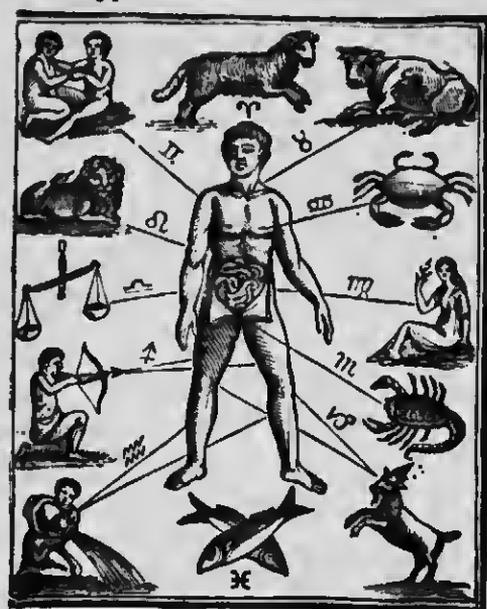
♍ VIRGO.
THE BOWELS.

♐ SAGGITARIUS
THE THIGHS.

♏ SCORPIO.
THE SECRETS.

♑ AQUARIUS.
THE LEGS.

♐ CAPRICORN.
THE KNEES.



♓ PISCES.—THE FEET.

LEGAL HOLIDAYS

FOR THE DOMINION.

| | |
|---------------------------|----------------------------|
| New Year's Day.....Jan. 1 | Dominion Day..... July 1 |
| Good Friday.....April 14 | Labor Day..... Sept. 4 |
| Easter Monday..... " 17 | King's Birthday.....June 3 |
| Victoria Day..... May 24 | Christmas Day.....Dec. 25 |

FOR THE PROVINCE OF QUEBEC.

| | |
|---------------------------|---------------------------------|
| New Year's Day.....Jan. 1 | King's Birthday.....Juno 3 |
| Epiphany..... " 6 | Dominion Day..... July 1 |
| Good Friday..... April 14 | Labor Day.....Sept. 4 |
| Easter Monday..... " 17 | All Saints Day.....Nov. 1 |
| Victoria Day.....May 24 | Immaculate Conception....Dec. 8 |
| Ascension Day..... " 25 | Christmas Day..... " 25 |

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SERGEANT KING

of the Marines
spins a jolly good yarn.

There is nothing in the world, for its *esprit de corps*, its discipline, its record and the admiration bestowed upon it by the whole Navy, to equal the Royal Marines . . . Their record is second to none; I have been with them on active service, on police service, in daily routine and in gales of wind and had them with me everywhere, and I tell you "there is nothing like the Royal Marines . . ." Lord St. Vincent said of them that he had never called on these men that they had not more than realized his highest expectations and that "if the hour of real danger should come to England, the Marines will be found the country's sheet anchor." I endorse every word of it! (Cheers.)—From speech of ADMIRAL LORD CHARLES BERESFORD, at the London Chamber of Commerce, June 30, 1909.

CORPORAL TOM KING of the Royal Marines spun a fine yarn nine years ago on the Esplanade at Portsmouth, England, to a couple of landsmen—a bank clerk and a man who did nothing but think and smoke. The Corporal had been away for three years, fighting savage blacks on the West Coast of Africa, and semi-civilized Mohanmedans on the East Coast. Then he had come home invalided, but was one more in the pink of health and "fit for a fight, a frolic or a footrace." Of course he had to cut down his story a good deal, but, as he said, to start with, "It is not romance, it is history, and what I am telling you is borne out by the Government records. We took part in three small wars with the natives—The Brass River Expedition, the Mwelè affair, and the Benin Expedition to the 'City of Blood.' That was all on the West Coast. Besides this we bombarded and captured Zanzibar, on the East Coast."

But the Corporal Tom King, of nine years ago, is the Sergeant Tom King of to-day. He has been promoted for duty well done for his good service and experience. When he first went away to Africa, about sixteen years ago, he was on the first class cruiser "St. George," flagship on the South African station. She sailed

from Portsmouth in November, 1894, and left Simon's Bay about the 1st of January following, to run up the West Coast. Now listen to the Corporal:—

“At a place called Brass River, we heard that a tribe of Brass men, under King Koko, had looted a native town called Akassa, near the mouth of the River Niger, and captured 16 Kroo boys and two English telegraph clerks.

“We were ordered to punish the beggars, and the gunboats ‘Widgeon’ and ‘Thrush’ took us on board. We went up the Brass River a bit, but found the water very shallow, so we took to the steam launches, the cutter and pinnace. By and by we came to a small stockaded island and just around the point there was a regular little navy of small war canoes, full of savages and waiting for us.



The Marines “punishing the beggars.”

“What a row they made, yelling, beating tom-toms and blowing on horns, thinking it would scare us off! Then we gave them a little ‘civilized music’ from some six-pound and three-pound shot and a few volleys from our small Maxim machine guns. All that were not killed or wounded went paddling off like water rats up a small creek.

“However, we went after the Brass men again in the cutter and pinnace and found them at their stronghold, Nimbi, further up the river. We were towed by the steam launches, and the enemy opened fire on us from the swamps on our starboard side. Although we gave ‘em some more medicine from our machine guns, it was our war-rockets, which made a most unearthly hissing, howling noise that fairly demoralised the niggers.

" Then we were quiet along the coast for a few months, from March till July, 1895, when there was some trouble with the Mwelè natives and we punished them a bit. This expedition lasted nearly a whole month. After that we went down to Simon's Town again and refitted.

" There was not much doing after that till August 26th, 1896, when, up on the East Coast, we bombarded Zanzibar. The old Sultan—his name was Said-Hamid-Bin-Thwain—had died a suspicious death, and his nephew, Said Khalid, who had mounted the throne, was encouraging the slave trade and making profit out of it. He was impudent when he was urged to give up the traffic, and Admiral Sir Harry Rawson sent word to this Sultan that if his flag was flying at nine o'clock next morning the Palace would be blown to smithereens.



"Civilized Music" from our rapid-fire guns.

" Next day the flag was still there and the Admiral landed a party and opened the ball with an attack by the Marines. The Sultan's troops tried to squirt vitriol into our faces with syringes from the verandah of the Palace, so the ships were ordered to prepare for action. A few rounds of solid shot did the business. The native women and children ran all over the place shrieking, the walls of the Palace gaped with holes, the flag staff was shot away and Sultan Khalid, and his chief officers, trying to escape, were all bagged by a squad of Marines.

" We took possession of the ruined Palace and City—and what a sight it was. About 700 of the Zanzibaris, soldiers and civilians, men, women, and children, had been killed or wounded. The Palace walls were riddled with cannon shot, and the harem and guard house, or royal barracks, were smoking ruins. Marines and seamen were placed on duty everywhere to guard property and put out the fires.

" The worst part of our service on that African Commission was the famous Benin expedition in the Spring of 1897. Again the fleet assembled at the Brass River and then moved along the coast to Forcados. On February 8th the small vessels started up the Benin River to Warigi, 55 miles, where a base of supplies had been formed. The river was very picturesque, narrow and crooked, with heavy forests all along the banks. No enemy to be seen. We landed on the North bank and marched through the woods to Ceri and Ologbo. Here the fighting began, but we shelled the blacks in the woods and they scampered; but all the way up to Benin, the 'City of Blood,' there was fighting after that.

" On the way we came across places where they had nailed or hung up to trees the bodies of black prisoners. It was said that some of these were offered as 'sacrifices,' to stop our advance. The places looked like shambles. In the course of the fighting they killed two of our commissioned officers and several men and wounded some others and for that we simply railed in and bayoneted a lot of savages.

" We captured and destroyed their chief city, Benin, the 'City of Blood,' and there we saw more of their 'human sacrifices,' but it is not pleasant to think of or to talk about. On February 22nd we began the return march to Warigi and very glad we were to be leaving the infernal country. It was hot, feverish and unhealthy. We were always defending ourselves against the mosquitoes and other nasty vermin. They crawled over us while we were trying to sleep and the dew was so heavy that we could wring it out of our blankets in the mornings.

" When we had been out to sea again only four days I was struck down with a nasty malarial fever. In fact our decks were pretty well crowded with our own men, all down with fever. For 14 days all I had was lime juice and condensed milk. When we got back to Sinon's Town I went into hospital, and six weeks afterwards I was invalided home. On the way home my chum, another invalid, and I used to talk about the good square meals we would have in dear Old England.

" But what do you think? When I got home I could eat nothing. My nerves were all upset, I was very weak and, though

it was midsummer, I was all the time shivering with the cold, through the poorness of my blood. I used actually to sit by the fire shivering with my great coat on.

One day my uncle said he thought Mother Seigel's Syrup would do me good. I said I'd try it, if he wanted me to. So he got some for me and I took it.

"The effect was wonderful. After I had had only a few doses I ate a good-sized custard. My aunt made other special dishes for me. So I ate heartily, took Mother Seigel's Syrup regularly, digested all I ate, and soon got strong and hearty again. Only two bottles of Syrup, mind you! They did the work. I don't know what would have become of me without Seigel's Syrup. In fact, I think it will help anybody who has a poor stomach, or who is weakened by fevers in a foreign country."

A few months ago the bank clerk and the thinker-and-smoker met Sergeant King again, this time at Gosport. He looked mighty well in his uniform, with his three stripes and his sergeant's sash, and the erect figure and good complexion showed that he was still in good health. More than that, he said he was "well and hearty."

"You haven't had any more fighting cruises in Africa?" suggested the bank clerk.

"No, only peaceful cruises since then. I don't want any more campaigns of that sort. There isn't much glory, anyhow, in licking those black Natives, but it has to be done when they don't behave themselves properly. Amongst other trips I've had a couple of interesting cruises on the 'Enchantress,' the Official Yacht of the Admiralty—to the Mediterranean and up the Baltic to Stockholm—and two other cruises on the 'Furious'—one for experiments in wireless electric telephoning and one for wireless telegraphing. Have you seen the 'Furious' with her wireless equipment on her masts and spars?"



Sailors and Marines down with fever, on the deck of H.M.S. "St. George."

"Yes, I have," rejoined the clerk, "and she looks very odd. But how came you to go to Malta?"

"I went out on the Admiralty Yacht 'Enchantress,' on an official cruise. She carried Lord Selborne, First Civil Lord of the Admiralty, and Lady Selborne. Lord Salisbury was also on board and they made an official visit to the dockyards at Malta and Gibraltar. Afterwards, the 'Enchantress' went to Messina and Reggio, the places destroyed two years ago by the earthquake and to Naples and Capri.

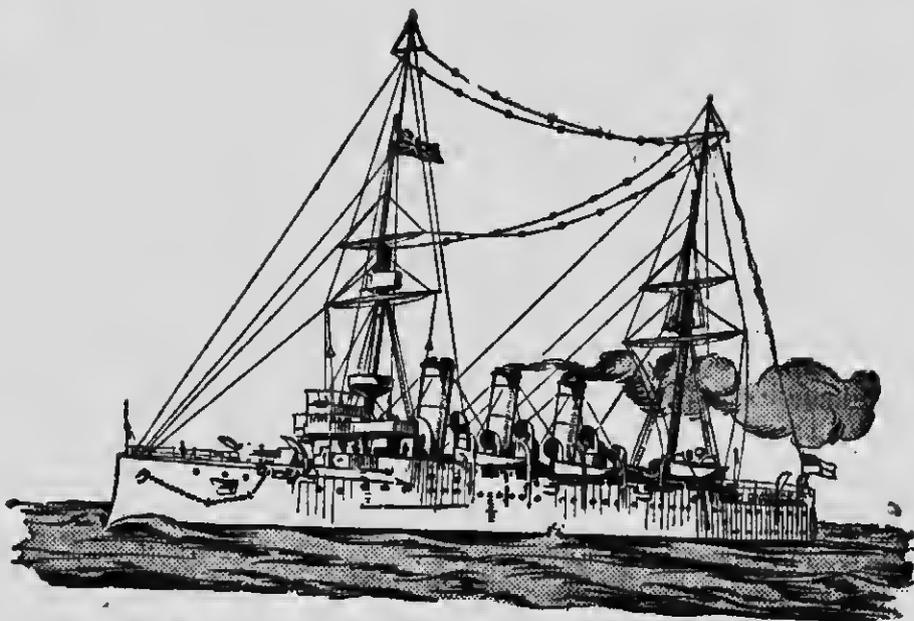


Shivering by the fire in his great-coat.

"I had another cruise in the 'Enchantress' in 1906, when we took the Duke and Duchess of Connaught to Stockholm. They went to visit their daughter the Princess Margaret and her husband, the Crown Prince of Sweden. The Prince and Princess came off in the Royal yacht to board the 'Enchantress.'

"Three years ago we had some sickness among our men, following a visit to Malta. It attacked them in the shape of a low fever—'Mediterranean fever' it is called. The doctors think it is due to drinking goats' milk—about the only kind of milk you get in Malta. The milkmen drive the goats in small herds through the narrow stone-paved streets, and sing out 'Ah-leep!' That means 'milk,' and if you want milk you come to the door of your house and bring a jug, or bowl, and the

goatherd milks one of the goats right before your eyes. Sometimes their hands are not too clean and the doctors think microbes from dirt get into the milk and make it unhealthy. One of our first class petty officers, Mr. Giles, was very ill with this Malta fever, and after he got home he used Mother Seigel's Syrup, and it toned him up, so that now he is as well as ever he was."



H.M.S. "Furious" in her wireless telegraph and telephone rig.
The little stars on these wires represent great wheels of delicate wire,
3 feet in diameter, that catch the electric air-waves.

Just then a bugle sounded in the Royal Marine Barracks at Forton, near Gosport. Brushing the cigar ash from the breast of his tunic, the Sergeant bade "Good-day" to the bank clerk and the thinker-and-smoker and walked briskly up the road, saying, "I must be off to quarters."

WOULD GLADLY PAY \$5 A BOTTLE.

Mr. Henry Heitman, of McIntyre, Grey Co., Ont., in a letter dated January 7, 1910, writes to us:—"I have been handling your medicines for about twenty-five years and have used Seigel's Syrup in my family with excellent results. My opinion is that there is no better medicine, and only recently about three doses put me right when feeling a little out of sorts. I would gladly pay \$5.00 per bottle, rather than be without it."

"After suffering for some time from Dyspepsia I was completely cured after taking the contents of a few bottles of your Mother Seigel's Syrup. I always keep it in the house as it is a great help to keep the system in a healthy condition. Knowing the value of your preparation, I am sure that people should not be without it." Letter from Mme. H. Letourneau, St. Eustache, Man.

"Some time ago I was bothered with Dyspepsia, pains in my stomach after meals, was very constipated and suffered considerably from headaches. Mother Seigel's Pills relieved the Constipation and Mother Seigel's Syrup cured me of Dyspepsia." Letter from R. D. Moffatt, McKellar, Ont., February 2, 1910.

STOMACH DISORDERS.

How Digestion and Indigestion Affect Your Life and Health.

Millions of people come into the world, live for years and years, and then go out of it, knowing little or nothing of the natural functions or organs of their bodies. They live on food, but they have no idea of the way in which their bodies obtain nourishment from that food after they swallow it. The stomach is a simple sac or bag made to receive the food as it is swallowed. In the stomach the food is mixed, by means of a motion of which we are not conscious, with certain natural fluids or juices, until it becomes a thick half-fluid mass. It then passes on, into the intestines, where it receives the bile matter from the liver or gall bladder, and digestion is completed in the intestines. Failure on the part of the stomach and liver to accomplish their work properly leads to what is called Indigestion and Dyspepsia. It is an almost universal disease, and the cause of nearly all the other ailments we suffer from. The food remains in the stomach and ferments, just as garbage does in a tub. A foul and nauseous gas is generated, which rises into the throat, and, with other poisons, attacks the whole system through the nerves and blood vessels. In case the liver fails to supply bile matter, or supplies too much of it, then digestion stops and biliousness or constipation, perhaps both, will result.

The principal symptoms of Indigestion are these: Distress after eating; a sense of fulness and heaviness; headaches; giddiness; bad breath; hot flushes, followed by creeping chills; sleeplessness; restlessness; loss of ambition and energy; yellowish eyes and skin; a feeling of weariness that is not relieved by the usual repose; desire to be alone; dry, scurfy skin; aching of the back, arms, and legs; bad taste in the mouth; coated tongue; variable appetite, hunger alternating with a loathing of food; great mental depression, and fear and anxieties without apparent cause; shortness of breath and trembling of the limbs on making any exertion. The stomach is tender on pressure, and filled with slime and mucus. The liver sympathises with the state of the stomach, and the result is an attack of biliousness, which affects every organ of the body, and prostrates the nerves.

The experience of thousands, during many years, proves the wonderful efficacy of Mother Seigel's Curative Syrup in this miserable malady. The Syrup gently but surely clears out the noxious load from the principal organs of digestion, helps the stomach to digest what is nutritious in it, and expels the remainder through the bowels and other organs. It thus cures one

JANUARY

1st MONTH - 31 DAYS



| Day | Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatchewan and Alberta. | | |
|-----|-------|----------|---|--|-----------|------------|--|-----------|------------|
| | | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | | S | 1 ST SUNDAY AFTER CHRISTMAS. | h.m. | h.m. | h.m. | h.m. | h.m. | h.m. |
| 2 | | M | General Wolfe born 1727. | 7 34 | 4 35 | 5 05 | 7 50 | 4 10 | 4 21 |
| 3 | | T | Ed. Hanlon (oarsman) died 1908. | 7 34 | 4 36 | 6 10 | 7 59 | 4 11 | 5 29 |
| 4 | | W | Storm period. | 7 34 | 4 37 | 7 20 | 7 59 | 4 12 | 6 48 |
| 5 | | Th | Sir Isaac Newton born 1642. | 7 34 | 4 38 | 8 31 | 7 58 | 4 13 | 8 06 |
| 6 | | F | Feast of Epiphany. | 7 34 | 4 39 | 0 44 | 7 58 | 4 15 | 9 30 |
| 7 | | S | Calais taken by French 1559. | 7 33 | 4 40 | 10 59 | 7 58 | 4 16 | 10 58 |
| 8 | | S | 1 ST SUNDAY AFTER EPIPHANY. | 7 33 | 4 41 | morn. | 7 57 | 4 17 | morn. |
| 9 | | M | Moderating. | 7 33 | 4 42 | 0 13 | 7 57 | 4 19 | 0 12 |
| 10 | | T | Penny Post adopted 1840. | 7 33 | 4 43 | 1 28 | 7 56 | 4 20 | 1 43 |
| 11 | | W | Lord Curzon born 1859. | 7 32 | 4 44 | 2 48 | 7 56 | 4 21 | 3 11 |
| 12 | | Th | Japanese cap. Port Arthur 1905. | 7 32 | 4 45 | 4 08 | 7 55 | 4 22 | 4 42 |
| 13 | | F | Coldwave. | 7 32 | 4 46 | 5 28 | 7 55 | 4 24 | 6 06 |
| 14 | | S | Admiral Rojestvensky died 1900. | 7 31 | 4 47 | 6 43 | 7 54 | 4 25 | 7 22 |
| 15 | | S | 2 ND SUNDAY AFTER EPIPHANY. | 7 30 | 4 48 | rises. | 7 53 | 4 26 | rises. |
| 16 | | M | Battle of Abu Klea 1885. | 7 30 | 4 49 | 5 28 | 7 53 | 4 28 | 4 48 |
| 17 | | T | \$1,000,000 fire in Boston, 1900. | 7 29 | 4 50 | 6 44 | 7 52 | 4 29 | 6 11 |
| 18 | | W | Ashanti conquered 1896. | 7 29 | 4 52 | 7 58 | 7 51 | 4 30 | 7 37 |
| 19 | | Th | John Ruskin died 1900. | 7 28 | 4 53 | 9 12 | 7 50 | 4 32 | 9 03 |
| 20 | | F | St. Fabian. [1793. | 7 27 | 4 55 | 10 25 | 7 49 | 4 33 | 10 24 |
| 21 | | S | Louis XVI of France executed | 7 26 | 4 56 | 11 30 | 7 48 | 4 35 | 11 35 |
| 22 | | S | THIRD SUNDAY AFTER EPIPHANY | 7 25 | 4 57 | morn. | 7 47 | 4 37 | morn. |
| 23 | | M | William Pitt died 1806. | 7 24 | 4 59 | 0 37 | 7 46 | 4 39 | 0 52 |
| 24 | | T | Archbishop Sweatman died 1909 | 7 23 | 5 00 | 1 44 | 7 45 | 4 40 | 2 08 |
| 25 | | W | "Ouida" died 1908. | 7 22 | 5 02 | 2 50 | 7 43 | 4 42 | 3 22 |
| 26 | | Th | General Gordon killed 1885. | 7 21 | 5 03 | 3 55 | 7 42 | 4 44 | 4 34 |
| 27 | | F | M. Coquelin (Fr. actor) d. 1909. | 7 20 | 5 04 | 4 58 | 7 41 | 4 45 | 5 41 |
| 28 | | S | Peter I Emp. Russia died 1725. | 7 19 | 5 05 | 5 57 | 7 40 | 4 47 | 6 41 |
| 29 | | S | 4 TH SUNDAY AFTER EPIPHANY. | 7 18 | 5 06 | 6 50 | 7 39 | 4 48 | 7 34 |
| 30 | | M | Charles I beheaded 1649. | 7 17 | 5 08 | 7 33 | 7 38 | 4 50 | 8 14 |
| 31 | | T | Rev. C. H. Spurgeon died 1892. | 7 17 | 5 09 | sets. | 7 36 | 4 52 | sets. |
| | | | | 7 16 | 5 11 | 6 19 | 7 35 | 4 54 | 5 53 |

| MOON'S PHASES | N.B., N.S., P.E.I. | | | Ont., Que. | | | Man., Sask., Alta. | | | British Columbia | | |
|------------------|--------------------|----|---------|------------|----|---------|--------------------|-----|---------|------------------|-----|---------|
| First Quarter... | 8d | 2h | 6m m. | 8d | 1h | 4m m. | 7d | 11h | 51m ev. | 7d | 10h | 6m ev. |
| Full Moon.... | 14d | 6h | 12m ev. | 14d | 5h | 10m ev. | 14d | 3h | 57m ev. | 14d | 2h | 12m ev. |
| Last Quarter... | 22d | 2h | 7m m. | 22d | 1h | 5m m. | 21d | 11h | 52m ev. | 21d | 10h | 7m ev. |
| New Moon.... | 30d | 5h | 31m m. | 30d | 4h | 29m m. | 30d | 3h | 16m m. | 30d | 1h | 31m m. |

malady, and prevents others which would almost certainly follow. Mother Seigel's Syrup is made of the curative medicinal extracts of certain roots, barks and leaves, which act beneficially upon all the organs of digestion—stomach, liver, bowels and kidneys. The effect is to assist them in perfectly natural ways, by toning them up and strengthening them for the doing of their natural work just as Nature intended them to do it. The proper course is to take the Syrup, according to directions on the bottle after each meal. The testimonial letters in this book will convince you of its merits. Every letter is genuine and has been given to us by the writer out of sincere gratitude.

THE KING AND THE SOLDIER.

A veteran Spanish soldier went one day to King Philip II and told him that after years of service, being now old, he was often without enough to eat. The King was surprised and granted the old hero a pension. Later, the soldier came again. "What!" cried the King, "are you not satisfied, yet?" "Well, sire," replied the veteran, "you gave me money enough to buy my food, but I forgot to ask for enough to buy my drink as well!"

King Philip laughed at the old man's slyness, but he increased his pension and sent him home happy. But that sly old hero was never so very unlucky as Mr. A. Langley, of 173 Hunter St. W., Hamilton, Ont., because although Mr. Langley was able to provide food for himself, he was unable to eat it without great suffering. In a letter dated Feb. 15, 1910, Mr. Langley writes:—

"Three years ago I became unwell with stomach troubles and in spite of constant visits to doctors, became worse, until I was obliged to give up my work as decorator and painter. I was unable to eat anything, as each time I attempted it I vomited, suffering constant pain. When out walking I was often seized with dizziness, and felt as if I should fall, unless I held on to something for support. The doctors said my condition was due to ulcerated stomach, and treated me for that, but I made no progress whatever.

"Happily I was induced to try your medicine, Mother Seigel's Syrup, having heard it was chiefly for the stomach, and I shall always feel thankful that I did so. From the very first bottle I began to improve and soon could eat in a manner that made my wife smile. When I think of how I felt twelve months ago to-day, I say with sincerity, many thanks for such an excellent medicine.

"I am now well and strong again and look forward to a period of good health and activity, such as I hardly thought possible a short time ago."

Mother Seigel's Syrup, by restoring Mr. Langley's stomach to healthy, natural condition give him not only appetite, but also the ability to digest his food properly. So he not only is able to enjoy eating, but his food nourishes him, gives him strength for work, and strength to enjoy life generally. Mother Seigel's Syrup is made of the curative medicinal extracts of roots, barks and leaves, which have a direct tonic and remedial effect on all the organs of digestion, stomach, liver and bowels. Try it at once, if you have digestive troubles.

FEBRUARY

2ND MONTH - 28 DAYS



| Day Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | |
|--------------|-------------|--|---|--------------|---------------|--|--------------|---------------|
| | | | Sun Rises | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | W | King Carlos, Portugal ass. 1908. | h. u. | h. u. | h. m. | h. m. | h. m. | h. m. |
| 2 | Th | Sir Geo. Drummond died 1910. | 7 15 | 5 12 | 7 34 | 7 34 | 4 55 | 7 17 |
| 3 | F | Lord Salisbury born 1830. | 7 14 | 5 13 | 8 50 | 7 32 | 4 57 | 8 44 |
| 4 | S | Lady Grenfell died, Ottawa 1907. | 7 13 | 5 14 | 10 03 | 7 30 | 4 59 | 10 08 |
| 5 | S | 5TH SUNDAY AFTER EPIPHANY. | 7 12 | 5 16 | 11 17 | 7 28 | 5 00 | 11 27 |
| 6 | M | Sir Henry Irving born 1838. | 7 11 | 5 18 | morn. | 7 27 | 5 02 | morn. |
| 7 | T | Low temperatures. | 7 10 | 5 19 | 0 36 | 7 26 | 5 04 | 0 58 |
| 8 | W | Russo-Japanese War com. 1904. | 7 09 | 5 20 | 1 55 | 7 24 | 5 06 | 2 25 |
| 9 | Th | Sir Evelyn Wood, V.C., b. 1838. | 7 07 | 5 22 | 3 12 | 7 22 | 5 08 | 3 48 |
| 10 | F | Canada ceded to England 1763. | 7 06 | 5 23 | 4 26 | 7 20 | 5 09 | 5 06 |
| 11 | S | Thos. A. Edison born 1847. | 7 05 | 5 24 | 5 34 | 7 19 | 5 11 | 6 14 |
| 12 | S | SEPTUAGESIMA SUNDAY. | 7 04 | 5 26 | 6 29 | 7 18 | 5 13 | 7 07 |
| 13 | M | Storm period. | 7 03 | 5 27 | rises. | 7 16 | 5 15 | rises. |
| 14 | T | St. Valentine. | 7 02 | 5 29 | 5 33 | 7 14 | 5 16 | 5 07 |
| 15 | W | Acapulco Mexico theatre fire 1909 | 7 01 | 5 30 | 6 49 | 7 12 | 5 17 | 6 33 |
| 16 | Th | U.S. Battleship Maine bl. up 1898 | 6 59 | 5 31 | 8 04 | 7 10 | 5 19 | 7 58 |
| 17 | F | Earthquake in Persia 1909. | 6 57 | 5 32 | 9 13 | 7 08 | 5 21 | 9 17 |
| 18 | S | Trinidad captured 1797. | 6 56 | 5 34 | 10 19 | 7 06 | 5 23 | 10 31 |
| 19 | S | SEXAGESIMA SUNDAY. | 6 54 | 5 35 | 11 28 | 7 04 | 5 24 | 11 51 |
| 20 | M | Low temperature. | 6 52 | 5 36 | morn. | 7 03 | 5 26 | morn. |
| 21 | T | Battle of Gugerat 1849. | 6 50 | 5 37 | 0 37 | 7 01 | 5 28 | 1 65 |
| 22 | W | George Washington born 1732. | 6 49 | 5 39 | 1 43 | 7 00 | 5 30 | 2 18 |
| 23 | Th | Martinique captured 1809. | 6 48 | 5 41 | 2 46 | 6 58 | 5 31 | 3 29 |
| 24 | F | St. Matthias. | 6 47 | 5 43 | 3 47 | 6 56 | 5 33 | 4 30 |
| 25 | S | Charles Peace executed 1879. | 6 45 | 5 45 | 4 42 | 6 53 | 5 35 | 5 26 |
| 26 | S | QUINQUAGESIMA SUNDAY. | 6 43 | 5 47 | 5 23 | 6 51 | 5 36 | 6 11 |
| 27 | M | Battle of Majuba 1881. P'b'g 1900 | 6 41 | 5 48 | 6 08 | 6 49 | 5 38 | 6 45 |
| 28 | T | Relief of Ladysmith 1900. | 6 39 | 5 49 | 6 40 | 6 47 | 5 40 | 7 12 |
| | | | 6 37 | 5 50 | sets. | 6 45 | 5 42 | sets. |

| MOON'S PHASES | N.B., N.S., P.E.I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|------------------|--------------------|-----------------|--------------------|------------------|
| First Quarter... | 6d 11h 14m m. | 6d 10h 12m m. | 6d 8h 59m m. | 6d 7h 14m m. |
| Full Moon.... | 13d 1h 24m m. | 13d 5h 22m m. | 13d 4h 9m m. | 13d 2h 24m m. |
| Last Quarter... | 20d 11h 30m ev. | 20d 10h 28m ev. | 20d 9h 15m ev. | 20d 7h 30m ev. |
| New Moon.... | 28d 8h 17m ev. | 28d 7h 15m ev. | 28d 6h 2m ev. | 28d 4h 17m ev. |

Skin and Blood Diseases.

All diseases of the skin are blood diseases, for when the blood is pure the skin will be free from unhealthy eruptions, and impurity of the blood is, in nearly all cases, caused by Indigestion. Pimples on the face or body, ulcers, sores, boils, carbuncles, and scrofula, are caused by bad blood. Scabs in the hair, sore eyes, running from the ears, result from vile humours in the blood, which can be speedily banished by Mother Seigel's Syrup. Muddy complexions and coarse skin can be made soft and clear by the use of this purifying Syrup. Rashes, festers, pimples, liver spots, and all unhealthy appearances of the skin must yield to this great cleanser and brightener of the skin, for if the blood be pure the skin will be pure.

CONSTIPATION AND HEADACHE.

The Cause, Consequences, and Cure.

At least half the women in the world, and a great many men, suffer, at times, from Constipation, one of the commonest causes of misery and pain. Now, Constipation is not only a distressing ailment, but also a most aggravating cause of disease, and if it is not cured it is sure to grow worse, and bring on maladies which may prove dangerous, or even fatal! Constipation almost always comes on where there is Indigestion. The undigested food clogs the intestines and produces poisonous acids, and these poisons pollute the blood and are thus carried to every part of the body. The results are headaches, a pale complexion, alternated by flushing of the face; nervous trembling; weakness, and loss of mental as well as bodily vigour.



Nimble Jack doing a lively hornpipe.

Many constipated people make the mistake of taking violent purgatives, which clear the bowels but leave the real trouble worse than it was before, and they find themselves obliged to be continually repeating and increasing the dose.

Mother Seigel's Syrup not only relieves Constipation — it cures it. Gentle in its action, it invigorates and tones the stomach, liver and bowels, enabling them to do the work for which they were designed, and thus the most obstinate cases soon yield to its gentle influence. Be wise, and take Mother Seigel's Syrup in time. Begin to-day!

"For years I was troubled with Dyspepsia, and of all the medicine used, I obtained more relief and satisfaction from Mother Seigel's Syrup than any others. I have also used Seigel's Pills for a severe attack of Piles, and their gentle action on the bowels relieved all pain as well as overcame the difficulty in a satisfactory manner." Letter from Madame Felix Lamothe, St. Pierre de Sorel, Richelieu County, P.Q. Jan. 15, 1910.

MARCH

3rd MONTH - 31 DAYS



| Day Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec | | | For the Provinces of Manitoha, Saskatch- ewan and Alberta. | | |
|--------------|-------------|--|--|--------------|--------------|--|--------------|---------------|
| | | | Sun Rises. | Sun Sets. | Moon Sets | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | W | ASH WEDNESDAY. | h.m. | h.m. | h.m. | h.m. | h.m. | h.m. |
| 2 | Th | John Wesley died 1791. | 6 35 | 5 51 | 6 35 | 6 43 | 5 44 | 6 26 |
| 3 | F | Cold, blustery. | 6 33 | 5 52 | 6 51 | 6 41 | 5 45 | 7 51 |
| 4 | S | First American Congress 1798. | 6 31 | 5 53 | 7 03 | 6 39 | 5 47 | 9 12 |
| 5 | S | 1st SUNDAY IN LENT. | 6 29 | 5 55 | 10 24 | 6 37 | 5 49 | 10 45 |
| 6 | M | Artemus Ward died 1867. | 6 27 | 5 56 | 11 44 | 6 35 | 5 50 | morn. |
| 7 | T | Stormy. | 6 25 | 5 57 | morn. | 6 33 | 5 52 | 0 13 |
| 8 | W | Battle of Aboukir 1801. | 6 24 | 5 59 | 1 3 | 6 30 | 5 53 | 1 39 |
| 9 | Th | North Sea Incident 1905. | 6 23 | 6 00 | 2 18 | 6 28 | 5 55 | 2 58 |
| 10 | F | King Edward VII married 1867 | 6 20 | 6 01 | 3 27 | 6 26 | 5 56 | 4 07 |
| 11 | S | 1st London daily paper 1702. | 6 18 | 6 02 | 4 27 | 6 24 | 5 58 | 5 04 |
| 12 | S | 2ND SUNDAY IN LENT. | 6 16 | 6 03 | 5 11 | 6 22 | 5 59 | 5 47 |
| 13 | M | Bloemfontein captured 1900. | 6 14 | 6 04 | 5 47 | 6 20 | 6 01 | 6 16 |
| 14 | T | Marquis Anglesey died 1905. | 6 12 | 6 06 | 6 16 | 6 18 | 6 02 | 6 37 |
| 15 | W | Sir Hy. Bessemer died 1898. | 6 01 | 6 07 | rises. | 6 16 | 6 04 | rises. |
| 16 | Th | Ottawa made Cap of Dom. 1858. | 6 19 | 6 08 | 6 56 | 6 14 | 6 05 | 6 57 |
| 17 | F | St. Patrick's Day. | 6 08 | 6 10 | 8 02 | 6 12 | 6 07 | 8 00 |
| 18 | S | Beatification of Joan of Arc 1909. | 6 06 | 6 11 | 9 12 | 6 09 | 6 09 | 9 28 |
| 19 | S | 3RD SUNDAY IN LENT. | 6 04 | 6 12 | 10 22 | 6 07 | 6 11 | 10 48 |
| 20 | M | Foggy. | 6 02 | 6 14 | 11 28 | 6 05 | 6 13 | morn. |
| 21 | T | Robert Southey died 1843. | 6 00 | 6 15 | morn. | 6 03 | 6 14 | 0 01 |
| 22 | W | Goethe died 1832. | 5 59 | 6 16 | 0 34 | 5 59 | 6 16 | 1 16 |
| 23 | Th | Riel's Revolt began 1885. | 5 57 | 6 17 | 1 56 | 5 58 | 6 17 | 2 19 |
| 24 | F | Henry W. Longfellow died 1882. | 5 55 | 6 18 | 2 32 | 5 56 | 6 19 | 3 16 |
| 25 | S | Lady Day. | 5 53 | 6 19 | 3 23 | 5 54 | 6 20 | 4 06 |
| 26 | S | 4 th SUNDAY IN LENT. | 5 51 | 6 20 | 4 04 | 5 51 | 6 22 | 4 46 |
| 27 | M | John Bright died 1889. | 5 49 | 6 22 | 4 37 | 5 49 | 6 24 | 5 12 |
| 28 | T | Canada ceded to France 1632. | 5 47 | 6 23 | 5 06 | 5 47 | 6 25 | 5 32 |
| 29 | W | Rev. John Keble died 1866. | 5 45 | 6 24 | 5 28 | 5 45 | 6 26 | 5 47 |
| 30 | Th | Warm wave. | 5 43 | 6 25 | 5 40 | 5 43 | 6 28 | 5 55 |
| 31 | F | Charlotte Bronte died 1855. | 5 42 | 6 26 | sets. | 5 40 | 6 30 | sets. |
| | | | 5 40 | 6 27 | 8 04 | 5 38 | 6 31 | 8 18 |

| MOON'S PHASES | N.B., N.S., P.E.I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|------------------|--------------------|----------------|--------------------|------------------|
| First Quarter... | 7d 6h 48m ev. | 7d 5h 46m ev. | 7d 4h 33m ev. | 7d 2h 48m ev. |
| Full Moon.... | 14d 7h 45m ev. | 14d 6h 43m ev. | 14d 5h 30m ev. | 14d 3h 45m ev. |
| Last Quarter... | 22d 8h 12m ev. | 22d 7h 10m ev. | 22d 5h 57m ev. | 22d 4h 12m ev. |
| New Moon..... | 30d 8h 24m m. | 30d 7h 22m m. | 30d 6h 9m m. | 30d 4h 24m m. |

COUNTERFEIT CONSUMPTION.

The symptoms of consumption and Indigestion often resemble each other so closely that many sufferers believe they are afflicted with the deadlier disease, when in fact only their stomachs are to blame. Thus, dyspepsia will cause loss of appetite, night-sweats, wasting or decline, with sometimes a dry hacking cough and blood-streaked spittle—just as consumption does. How then are you to distinguish? Take Mother Seigel's Syrup. It will not cure consumption, but if your trouble be due to Indigestion it will certainly cure that. Your food will digest properly, your body will be nourished, wasting will cease, and sound health will return.

BILIOUSNESS.

What Causes it and How You Can Cure it.

There are few persons so lucky as never to have suffered from Biliousness. It is a distressing, nauseating disease, and is due to a disordered state of the liver; the all-important bile, which this organ secretes, becomes irregular in its flow and then the mischief begins. This bile plays an important part in the digestion of your food, while at the same time it acts as a natural purgative for your bowels, keeping them in a state of healthy activity. If your liver fails to send out sufficient bile, your food cannot digest properly, but ferments, causing windy spasms; and your bowels become constipated. This again leads to absorption of impurities into your system, with consequent headaches, offensive breath, and perhaps skin or kidney troubles. Suppression of the bile may also cause gall-stones to form, the passing of which gives rise to intense agony.

On the other hand, if too much bile be produced some of it is certain to pass into your blood, with equally bad effects. Dull pains in your sides and back soon follow; your skin turns yellow, there is a bad taste in your mouth, and your tongue is thickly coated. You feel sick and dizzy, with spots moving before your eyes; you are subject to violent headaches, irregularity of the bowels; and over all there is that wretched, dull, helpless, hopeless feeling which makes your very existence a horror; you are irritable over trifles, and tremble at a sound.

What you want is an active liver tonic, and that is just what Mother Seigel's Syrup is. It strengthens your liver, and your stomach too; regulates your bowels and cleanses and revitalizes your whole body.

Mrs. Dorman, of 32 Dominion Avenue, Montreal, writing on February 10, 1910, says:—

"I am sending you a word of praise and thanks for the benefit I have received from Mother Seigel's Pills. If you care to print it in your almanac you may do so, as it may lead others to try them. For four years I suffered continuously from stomach troubles, attended by sudden pains after eating and bad headaches. I became pale and weak and was often hindered in my work by sharp cutting pains in my back and frequent spells of dizziness. This unhappy state of affairs lasted until three months ago. I then started to take your Pills, and actually began feeling better on the second day. In two weeks I was quite well again, for which I have to thank Mother Seigel's Pills."

"Better late than never," is an excellent maxim; but if you have even the first signs, the beginning, of Indigestion or stomach troubles, don't wait a day, but take at once Mother Seigel's Syrup, or Pills, and you will feel as grateful as Mrs. Dorman does—and perhaps you would write and tell us how glad you are to be cured.

APRIL

4TH MONTH - 30 DAYS



| Day Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | | |
|-----------------------------------|----------------|--|---|----------------|---------------|--|--------------|------------------|--|
| | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. | |
| 1 | S | | h.m. | h.m. | h.m. | h.m. | h.m. | h.m. | |
| 2 | S | 4 TH SUNDAY IN LENT. | 5 39 | 6 28 | 0 28 | 5 36 | 6 33 | 9 51 | |
| 3 | M | St. Richard. | 5 37 | 6 20 | 10 49 | 5 34 | 6 35 | 11 22 | |
| 4 | T | Oliver Goldsmith died 1774. | 5 35 | 6 30 | morn. | 5 32 | 6 36 | morn. | |
| 5 | W | Admiral Cervera died 1909. | 5 34 | 6 32 | 0 07 | 5 30 | 6 38 | 0 47 | |
| 6 | Th | Badajoz taken by Wellington '12 | 5 32 | 6 33 | 1 20 | 5 28 | 6 39 | 2 30 | |
| 7 | F | Unsettled. | 5 30 | 6 34 | 2 23 | 5 25 | 6 40 | 3 01 | |
| 8 | S | King Christian IX born 1818. | 5 28 | 6 35 | 3 12 | 5 23 | 6 42 | 3 40 | |
| 9 | S | PALM SUNDAY. | 5 27 | 6 37 | 3 40 | 5 21 | 6 43 | 4 22 | |
| 10 | M | General Booth born 1829. | 5 25 | 6 38 | 4 20 | 5 19 | 6 45 | 4 44 | |
| 11 | T | Treaty of Utrecht 1713. | 5 23 | 6 39 | 4 40 | 5 17 | 6 47 | 4 58 | |
| 12 | W | Henry Clay, U.S.A. born 1770. | 5 22 | 6 40 | 4 57 | 5 14 | 6 48 | 5 06 | |
| 13 | Th | Holy Thursday | 5 20 | 6 41 | 5 10 | 5 12 | 6 49 | 5 17 | |
| 14 | F | Good Friday. | 5 18 | 6 42 | rises | 5 10 | 6 51 | rises. | |
| 15 | S | Massacre Asiatic Turkey 1909. | 5 16 | 5 44 | 8 06 | 5 07 | 6 53 | 8 31 | |
| 16 | S | EASTER SUNDAY. | 5 15 | 6 45 | 9 15 | 5 05 | 6 55 | 9 45 | |
| 17 | M | Benjamin Franklin died 1790. | 5 13 | 6 47 | 10 21 | 5 04 | 6 56 | 10 58 | |
| 18 | T | Relief of Chitral 1895. | 5 11 | 6 48 | 11 23 | 5 02 | 6 58 | morn. | |
| 19 | W | Lord Beaconsfield died 1881. | 5 10 | 6 49 | morn. | 5 00 | 6 59 | 0 07 | |
| 20 | Th | Big Fire in Toronto 1904. | 5 09 | 6 50 | 0 23 | 4 58 | 7 01 | 1 08 | |
| 21 | F | Warm wave. | 5 07 | 6 51 | 1 16 | 4 56 | 7 03 | 2 00 | |
| 22 | S | Battle of Camden 1781. | 5 05 | 6 52 | 2 00 | 4 54 | 7 04 | 2 43 | |
| 23 | S | Low SUNDAY (St. George). | 5 04 | 6 53 | 2 37 | 4 52 | 7 05 | 3 14 | |
| 24 | M | Daniel Defoe died 1731. | 5 02 | 6 55 | 3 07 | 4 50 | 7 07 | 3 36 | |
| 25 | T | St. Mark. | 5 01 | 6 56 | 3 31 | 4 48 | 7 09 | 3 47 | |
| 26 | W | Battle of Yalu 1904. | 4 59 | 6 57 | 3 50 | 4 46 | 7 10 | 4 02 | |
| 27 | Th | Abdul Hamid II deposed 1909. | 4 58 | 5 58 | 4 06 | 4 44 | 7 12 | 4 09 | |
| 28 | F | Rain. | 4 56 | 6 59 | 4 27 | 4 42 | 7 14 | 4 25 | |
| 29 | S | Crimean War ended 1856. | 4 55 | 7 00 | 4 40 | 4 40 | 7 16 | 4 34 | |
| 30 | S | 2ND SUNDAY AFTER EASTER. | 4 53 | 7 01 | sets. | 4 38 | 7 17 | sets. | |
| | | | 4 52 | 7 02 | 9 47 | 4 37 | 7 19 | 10 22 | |
| MOON'S PHASES: N.B., N.S., P.E.I. | | | Ont., Que. | | | Man., Sask., Alta. | | British Columbia | |
| First Quarter... | 6d 1h 41m m. | 6d 0h 39m m. | 5d 11h 26m ev. | 5d 5h 41m ev. | | | | | |
| Full Moon... | 13d 10h 23m m. | 13d 9h 21m m. | 13d 8h 8m m. | 13d 5h 23m m. | | | | | |
| Last Quarter... | 21d 2h 22m ev. | 21d 1h 20m ev. | 21d 0h 7m ev. | 21d 10h 22m m. | | | | | |
| New Moon... | 28d 6h 11m ev. | 28d 5h 9m ev. | 28d 3h 55m ev. | 28d 2h 11m ev. | | | | | |

PILES AND COSTIVENESS.

The soothing and healing herbal properties of Mother Seigel's Syrup render it of the utmost value in relieving hæmorrhoids, or piles. The movements of the bowels are made free, regular, and natural; irritation is removed, inflammation is subdued, and the piles pass away under the influence of this agreeable regulator and healer. Neither costiveness nor diarrhoea can exist when this regulator has done its work, for it promotes the flow of sufficient bile and other natural secretions to the intestines to regulate the movements and give healthy tone to the bowels. The Operating Pills should be used occasionally to promote the cure, where the constipation is obstinate. Mother Seigel's Ointment is an excellent salve for relieving the irritation and distress caused by piles.

FOR WOMEN'S AILMENTS.

Women, young and old, owing to their delicate and peculiar organisation, are subject to disorders which affect only their sex, and they need special remedies and treatment. Popular as Mother Seigel's Syrup is with both sexes for the many ills common to them, it is the women who speak of it in terms of warmest praise—and with good reason. It seems especially adapted to

the troubles which are peculiarly theirs.

At the critical period of life they derive from its use a relief and benefit not obtained from any other medicine.

The sense of pressure on the brain which makes the head feel as if it would burst is quickly abated by a few doses of the Syrup. It cures also the trembling of the limbs.

The melancholy and depression of spirits, which develops sometimes into acute mania and not infrequently ends in self-destruction, gives place to a wholesome and natural cheerfulness under its influence.

It removes that sensation of bloating, warms and stimulates the stomach, and takes away the feeling of coldness and numbness from the hands and feet, caused by excess of blood in the head.

By thus equalising the flow of the blood, Mother Seigel's Syrup does away with the hot flushes followed by chills, and creates a genial warmth and sense of comfort throughout the system. As a remedy for the costiveness which is so common at this period, the Syrup moves the bowels gently, and keeps them free and natural. By so doing it also reduces heart palpitation, nervousness, and weakness.

In short, this most excellent medicine meets every requirement of the dangerous period of woman's life as nothing else does.



Jack Tar ashore,
"Sailing against the wind."

MAY

5TH MONTH - 31 DAYS



| DAY | Month | Day | Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatchewan and Alberta. | | |
|-----|-------|-----|------|--------------------------------------|--|-----------|------------|--|-----------|------------|
| | | | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | M | | | St. Philip and St. James. | h.m. | h.m. | h. m. | h.m. | h.m. | h. m. |
| 2 | T | | | Sir George Cartier died 1873. | 4 50 | 7 03 | 11 04 | 4 35 | 7 20 | 11 43 |
| 3 | W | | | Postal Union ratified 1875. | 4 49 | 7 04 | morn. | 4 33 | 7 22 | morn. |
| 4 | Th | | | Battle of Tewkesbury 1470. | 4 47 | 7 05 | 0 13 | 4 31 | 7 23 | 0 55 |
| 5 | F | | | Napoleon died 1821. | 4 48 | 7 06 | 1 08 | 4 29 | 7 24 | 1 47 |
| 6 | S | | | King Edward VII died 1910. | 4 45 | 7 07 | 1 52 | 4 28 | 7 25 | 2 27 |
| 7 | S | | | 3RD SUNDAY AFTER EASTER. | 4 43 | 7 08 | 2 2 | 4 27 | 7 27 | 2 51 |
| 8 | M | | | S. Pierre, Martinique dest. 1002. | 4 42 | 7 09 | 2 49 | 4 25 | 7 28 | 3 08 |
| 9 | T | | | Cloudy. | 4 41 | 7 10 | 3 06 | 4 23 | 7 30 | 3 17 |
| 10 | W | | | Cor. Mahmed V Turkey 1009. | 4 40 | 7 11 | 3 20 | 4 21 | 7 31 | 3 21 |
| 11 | Th | | | Sir James Paquet born 1814. | 4 39 | 7 12 | 3 37 | 4 20 | 7 33 | 3 36 |
| 12 | F | | | Earl of Strafford beheaded 1641. | 4 37 | 7 13 | 3 55 | 4 19 | 7 34 | 3 41 |
| 13 | S | | | Pope Pius IX born 1793. | 4 36 | 7 14 | 4 13 | 4 18 | 7 36 | 3 50 |
| 14 | S | | | 4TH SUNDAY AFTER EASTER. | 4 35 | 7 15 | rises. | 4 16 | 7 38 | rises. |
| 15 | M | | | Louis Riel surrendered 1885. | 4 34 | 7 16 | 0 14 | 4 14 | 7 39 | 9 58 |
| 16 | T | | | Great fire in Quebec 1889. | 4 33 | 7 17 | 10 15 | 4 12 | 7 41 | 11 00 |
| 17 | W | | | Unsettled. | 4 32 | 7 18 | 11 11 | 4 11 | 7 42 | 11 54 |
| 18 | Th | | | Montreal founded 1642. | 4 31 | 7 19 | 11 56 | 4 09 | 7 43 | morn. |
| 19 | F | | | Rt. Hon. Ewart Gladstone d. 1898. | 4 30 | 7 20 | morn. | 4 08 | 7 45 | 0 41 |
| 20 | S | | | Columbus died 1506. | 4 29 | 7 21 | 0 36 | 4 07 | 7 46 | 1 17 |
| 21 | S | | | ROGATION SUNDAY. | 4 28 | 7 22 | 1 08 | 4 06 | 7 47 | 1 42 |
| 22 | M | | | Heavy precipitation. | 4 27 | 7 23 | 1 32 | 4 05 | 7 48 | 2 00 |
| 23 | T | | | Battle of Ramillies 1706. | 4 26 | 7 24 | 1 52 | 4 04 | 7 49 | 2 09 |
| 24 | W | | | VICTORIA DAY. Legal Holiday. | 4 25 | 7 25 | 2 10 | 4 03 | 7 51 | 2 16 |
| 25 | Th | | | Ascension Day. | 4 24 | 7 26 | 2 30 | 4 02 | 7 53 | 2 30 |
| 26 | F | | | Queen Mary born 1867. | 4 23 | 7 27 | 2 52 | 4 01 | 7 54 | 2 39 |
| 27 | S | | | Orange Free State annexed 1900. | 4 22 | 7 28 | 3 12 | 4 00 | 7 55 | 2 40 |
| 28 | S | | | FIRST SUNDAY AFTER ASCENSION. | 4 22 | 7 29 | 3 40 | 4 59 | 7 56 | 3 09 |
| 29 | M | | | Charles II born 1630. | 4 21 | 7 30 | sets. | 4 58 | 7 57 | sets. |
| 30 | T | | | Alexander Pope died 1744. | 4 21 | 7 31 | 9 54 | 4 57 | 7 58 | 10 34 |
| 31 | W | | | Joan of Arc burnt 1431. | 4 20 | 7 32 | 10 58 | 4 56 | 7 59 | 11 37 |
| | | | | | 4 20 | 7 33 | 11 48 | 4 55 | 8 00 | morn. |

| MOON'S PHASES | N.B., N.S., P.E.I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|------------------|--------------------|---------------|--------------------|------------------|
| First Quarter... | 5d 9h 0m m. | 5d 7h 58m m. | 5d 6h 45m m. | 5d 5h 0m m. |
| Full Moon... | 13d 1h 56m m. | 13d 0h 54m m. | 12d 11h 41m ev. | 12d 9h 56m ev. |
| Last Quarter... | 21d 5h 9m m. | 21d 4h 7m m. | 21d 2h 54m m. | 21d 1h 9m m. |
| New Moon... | 28d 2h 10m m. | 28d 1h 8m m. | 27d 11h 55m ev. | 27d 10h 10m ev. |

CURED OF A LONG SICKNESS.

Mme. Geo. Robichaud, residing at Shippigan, Gloucester Co., N.B., wrote us on February 7, 1910, telling of the great benefit she obtained from using Mother Seigel's Syrup and Pills. Her illness was undoubtedly severe Indigestion, or Dyspepsia, and Mother Seigel's remedies did for her what always do—made a quick and complete cure. Mme. Robichaud says—

"For about three months I used the celebrated Mother Seigel's medicines, and they completely cured me of a long sickness. I was greatly discouraged on account of becoming very weak, because with no appetite and constant pains in my stomach and in all parts of my body, it seemed that with the numerous medicines I tried, nothing would afford me the least particle of relief.

"I think the good friend who recommended me to take Mother Seigel's Syrup and Pills, as they are unexcelled and truly work marvellous results."

SAYS THEY SAVED HIS LIFE.

When you are ill in bed with some local disorder and suddenly find that your digestive system has gone wrong, you are likely to find your original illness of less importance than the later one. That was the condition that faced Mr. John S. Clannon, of Point Michaud, N.S., in December, 1909. He was laid up with hay fever and then came all the distress which follows constipation, loss of appetite, and general weakness. Now, we do not claim that Mother Seigel's Syrup cures hay fever, but it does cure all irregularity of the stomach, liver and bowels. Read what Mr. Clannon says of the effect of Mother Seigel's Syrup and Pills upon his condition:—

"I wish to tell you what help Mother Seigel's Syrup and Mother Seigel's Pills have been to me. In December last I was laid up with hay fever, and it affected me so seriously that I could hardly breathe. To add to my distress, I became very constipated and my back was so weak and painful that I could not get out of bed. My father advised me to try your Pills, and after long coaxing I decided to do so. To my great surprise they produced immediate good effect and I became somewhat restored. I had taken no food at all for four days before that on which I took the Pills, but afterwards I managed to take a little gruel.

"Feeling sure that the Pills were benefiting me I decided to try the Syrup also, and it helped me very much. My appetite returned, I began to eat better and gained rapidly in weight and colour, and before the month was out my health was restored completely. My back became strong, and my stomach and bowels worked harmoniously.

"I shall never be without Mother Seigel's medicines while they are procurable, as I consider they saved my life. I strongly recommend them to any who suffer, as a certain cure for irregular action of the stomach and bowels."

The extracts of roots, leaves and barks of which Mother Seigel's Syrup and Pills are composed, provide just that curative and tonic aid which Nature requires when the stomach is out of condition. Try them! They will not fail you!

ACHES, PAINS AND WEAKNESS.

Mrs. John H. Leach, of Larchwood, Algoma District, Ontario, sends us a most excellent description of a case of Indigestion—her own case—in which she sets forth some of the best known and severest symptoms of that wretched disorder. Read her letter and compare her account of her aches, pains, and weakness with what we tell you in the article headed "Stomach Disorders" and you will know why she suffered these aches and pains. Her food was not well digested, and was brewing poisons which tainted her blood. Mrs. Leach says:

"Last spring (1909) I found myself in a very down run condition, suffering from numerous pains and aches, such as I had never before experienced. I seemed to have a load in my stomach, was very constipated and languid. My breath at times was offensive, my tongue coated and I became subject to headaches and sleeplessness. Sharp cutting pains in my back and loins, dizziness, and a vomiting sensation would frequently attack me and my heart got gradually weaker. My hips were affected by Rheumatism, this making it well nigh impossible to move about.

"For many months I tried in vain to obtain satisfaction from medicine advised and prescribed, but along about the first of November I began taking Mother Seigel's Syrup. I soon found that my strength kept gaining ground until two months of this treatment cured me. I have great faith in your excellent medicine."

JUNE

6TH MONTH - 30 DAYS



| 1915 Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | |
|---------------|-------------|---|---|--------------|---------------|--|--------------|---------------|
| | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | Th | Fenian Raid at Ridgeway 1860. | h.m. | h.m. | h.m. | h.m. | h.m. | h.m. |
| 2 | F | General Buller died 1908. | 4 20 | 7 31 | morn | 3 54 | 8 01 | 0 23 |
| 3 | S | King George V born 1865. | 4 19 | 7 35 | 0 20 | 3 53 | 8 02 | 0 54 |
| 4 | S | WHIT SUNDAY. | 4 19 | 7 36 | 0 52 | 3 53 | 8 03 | 1 14 |
| 5 | S | St. Boniface. | 4 19 | 7 37 | 1 13 | 3 52 | 8 04 | 1 25 |
| 6 | M | S.S. Lusitania launched 1906. | 4 19 | 7 38 | 1 27 | 3 52 | 8 05 | 1 31 |
| 7 | T | Norway & Sweden separate 1905. | 4 19 | 7 38 | 1 45 | 3 51 | 8 00 | 1 45 |
| 8 | W | Charles Heald born 1811. | 4 19 | 7 39 | 2 04 | 3 51 | 8 07 | 1 53 |
| 9 | Th | Charles Dickens died 1870. | 4 18 | 7 39 | 2 19 | 3 50 | 8 07 | 2 00 |
| 10 | F | Cholera epidemic in Montreal '32. | 4 18 | 7 40 | 2 39 | 3 50 | 8 08 | 2 11 |
| 11 | S | TRINITY SUNDAY. | 4 18 | 7 40 | 3 04 | 3 50 | 8 09 | 2 20 |
| 12 | M | Charles Kingsley born 1819. | 4 18 | 7 41 | rises. | 3 50 | 8 10 | rises. |
| 13 | T | Showery. | 4 18 | 7 41 | 9 05 | 3 50 | 8 11 | 9 40 |
| 14 | W | Battle of Naseby 1645. | 4 18 | 7 42 | 9 54 | 3 49 | 8 11 | 10 38 |
| 15 | Th | Corpus Christi. | 4 18 | 7 42 | 10 36 | 3 49 | 8 12 | 11 18 |
| 16 | F | General Arifkoff ass. 1901. | 4 18 | 7 42 | 11 10 | 3 49 | 8 12 | 11 45 |
| 17 | S | Battle of Bunker Hill 1775. | 4 18 | 7 43 | 11 36 | 3 49 | 8 13 | morn. |
| 18 | S | 1 ST SUNDAY AFTER TRINITY. | 4 18 | 7 43 | 11 57 | 3 49 | 8 13 | 0 05 |
| 19 | M | Cool period. | 4 18 | 7 44 | morn. | 3 49 | 8 13 | 9 18 |
| 20 | T | Session Queen Victoria 1837 | 4 18 | 7 45 | 0 13 | 3 49 | 8 14 | 9 26 |
| 21 | W | Fast Day in the Year. | 4 19 | 7 45 | 0 29 | 3 50 | 8 14 | 0 42 |
| 22 | Th | Winter begins. | 4 19 | 7 45 | 0 49 | 3 50 | 8 14 | 0 57 |
| 23 | F | Battle of Plassey 1757. | 4 19 | 7 45 | 1 12 | 3 50 | 8 14 | 1 08 |
| 24 | S | John Baptist. | 4 20 | 7 45 | 1 30 | 3 50 | 8 14 | 1 31 |
| 25 | S | 2 ND SUNDAY AFTER TRINITY. | 4 20 | 7 45 | 2 09 | 3 51 | 8 14 | 2 08 |
| 26 | M | St. Andrew Naval Review 1897. | 4 21 | 7 44 | 2 53 | 3 51 | 8 14 | sets. |
| 27 | T | George IV died 1830. | 4 21 | 7 44 | sets. | 3 51 | 8 14 | 9 13 |
| 28 | W | Cawnpore massacre 1857. | 4 22 | 7 41 | 0 35 | 3 51 | 8 14 | 10 53 |
| 29 | Th | St. Peter. | 4 22 | 7 41 | 10 29 | 3 52 | 8 14 | 11 17 |
| 30 | F | Local storms. | 4 22 | 7 43 | 10 52 | 3 52 | 8 14 | 11 31 |
| | | | 4 23 | 7 43 | 11 15 | 3 51 | 8 14 | 11 31 |

| Moon's Phases | N.B., N.S., P.E.I. | | | Ont., Que. | | | Man., Sask., Alta. | | | British Columbia | | |
|---------------------|--------------------|----|---------|------------|----|---------|--------------------|----|---------|------------------|----|---------|
| | 3d | 5h | 50m ev. | 3d | 4h | 48m ev. | 3d | 3h | 35m ev. | 3d | 1h | 50m ev. |
| First Quarter . . . | 11d | 5h | 37m ev. | 11d | 4h | 35m ev. | 11d | 3h | 22m ev. | 11d | 1h | 37m ev. |
| Full Moon . . . | 19d | 4h | 37m ev. | 19d | 3h | 35m ev. | 19d | 2h | 22m ev. | 19d | 0h | 37m ev. |
| Last Quarter . . . | 26d | 9h | 6m m. | 26d | 8h | 4m m. | 26d | 6h | 51m m. | 26d | 5h | 6m m. |

Palpitation and Breathlessness.

When wind forms in your stomach through Indigestion, it begins to press upward into the cavity of the chest. The space in which your heart has to work is reduced, causing irregular action and palpitation, more or less violent, according to the amount of wind pressure. The lungs may be affected in the same way, causing short breathing, or a feeling of suffocation. Many sufferers think they have Heart Disease, or Consumption, when the real trouble is Indigestion. Mother Seigel's Syrup will not only cure such a condition, but it will prevent the trouble for the future.

"There is no better digestive Medicine made than Mother Seigel's Syrup."
 HARRY CROSSMAN, Wards Brook, N.S.
 March 3, 1910.

WHAT ONE MAN KNOWS.

"I know that Mother Seigel's Syrup cured me of Indigestion," is the firm, short way in which Thomas Tremblay, of Mille Vaches, Saguenay Co., Que., tells his experience in trying to recover lost health. And yet, he says further on in his letter of February 7, 1910, he had no real faith in Mother Seigel's Syrup when he began using it. No doubt he had used so many kinds of medicine, without benefit, that he had lost faith in all of them. Mr. Tremblay gives you a good description of Indigestion in his letter—miserable for 4 years; food rose in his stomach; nausea, after going to bed; a coated tongue and other miseries. But just read his letter for yourself. He says:—

"I am pleased to send you my testimony which you may publish in your calendar, as I KNOW THAT MOTHER SEIGEL'S SYRUP CURED ME OF INDIGESTION. I was miserable for four years, my food would rise in my stomach, I had always nausea at evenings after going to bed, being obliged to sit up in order to retain on my stomach the food that I had taken during the day. My tongue was continually coated, and quite often there were bad tastes in my mouth. One of my friends advised me to use Mother Seigel's Syrup, and although I had no real faith in it, I bought a few bottles and am happy to say that I am now quite cured of this illness.

"Since then I would not be satisfied without a bottle of Mother Seigel's Syrup in the house. When I do not feel just right, I take a dose of the Syrup (or the Pills, which I find also very good), and immediately I obtain relief.

"I hope people who have suffered like I have suffered will profit by my experience. My wife has also used Seigel's Syrup for Indigestion and she finds it excellent."

Mr. Tremblay found a cure in Mother Seigel's Syrup because it is made of the extracts of certain roots, barks and leaves which build up the health by giving good digestion. There is no mystery about it—it cures by purely natural means and has been curing people that way for the past 40 years.

WHAT OTHERS SAY.

"I can truly say that I think Mother Seigel's Syrup is the best Dyspepsia Medicine on the Market. I have had Dyspepsia so long that I was afraid it had become chronic, although I am not an invalid by any means, and I have tried a great many remedies and doctors—but I never took anything that did me as much good as Mother's Seigel's Syrup.

"My daughter came home from the United States last summer and she was suffering from nervous debility and Indigestion. She had taken different kinds of medicines to no purpose. I advised her to try Mother Seigel's Syrup and two bottles which she procured from your agent gave very satisfactory results. She began to improve right away and inside one month she gained ten pounds in weight, and was a different woman in every way. The last word I had from her was that she keeps the Syrup on hand, so that it will be within reach should any of the old symptoms return.

"If these few words are any good to you, you are at liberty to use them, to let people know the merits of Mother Seigel's Syrup."

Feb. 14, 1910. Mr. James Rogers, of Brookfield, Colchester Co., N.S.

"It gives me pleasure to write and say that I have always found your Mother Seigel's Syrup, the best medicine for stomach and liver troubles. I have also used your Ointment for wounds with excellent results"

Feb. 20, 1910. Thomas Nash, Scatarie Island, Cape Breton Co., N.S.

JULY

7TH MONTH - 31 DAYS



| July Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatchewan and Alberta. | | |
|------------|----------|--------------------------------------|--|-----------|------------|--|-----------|------------|
| | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | S | DOMINION DAY. | h.m. | h.m. | h.m. | b.m. | b.m. | b.m. |
| 2 | S | 3RD SUNDAY AFTER TRINITY. | 4 23 | 7 42 | 11 33 | 3 54 | 8 14 | 11 41 |
| 3 | M | Mauritius captured 1810. | 4 24 | 7 42 | 11 54 | 3 55 | 8 14 | 11 55 |
| 4 | T | Independence Day U.S.A. | 4 24 | 7 42 | morn. | 3 56 | 8 13 | morn. |
| 5 | W | Cecil J. Rhodes born 1853. | 4 25 | 7 41 | 0 10 | 3 56 | 8 13 | 0 02 |
| 6 | Th | King George V married 1893. | 4 25 | 7 41 | 0 25 | 3 57 | 8 12 | 0 08 |
| 7 | F | Battle of Sedgmoor 1685. | 4 26 | 7 41 | 0 43 | 3 58 | 8 12 | 0 18 |
| 8 | S | Rt. Hon. J. Chamberlain b 1836. | 4 27 | 7 40 | 1 06 | 3 59 | 8 11 | 0 34 |
| 9 | S | 4TH SUNDAY AFTER TRINITY. | 4 28 | 7 40 | 1 37 | 4 00 | 8 10 | 0 55 |
| 10 | M | Advanced heat. | 4 28 | 7 39 | 2 13 | 4 01 | 8 10 | 1 28 |
| 11 | T | Alexandria bombarded 1882. | 4 29 | 7 39 | 2 59 | 4 01 | 8 09 | 2 12 |
| 12 | W | Orangemen's Day. | 4 30 | 7 38 | rises. | 4 02 | 8 08 | rises |
| 13 | Th | Berlin Treaty 1878. | 4 31 | 7 38 | 9 12 | 4 03 | 8 07 | 9 48 |
| 14 | F | Storming of the Bastille 1789. | 4 32 | 7 37 | 9 41 | 4 04 | 8 06 | 10 12 |
| 15 | S | St. Swithin. | 4 33 | 7 37 | 10 04 | 4 05 | 8 05 | 10 27 |
| 16 | S | 5TH SUNDAY AFTER TRINITY. | 4 34 | 7 36 | 10 20 | 4 06 | 8 04 | 10 35 |
| 17 | M | Franco Prussian War began 1870 | 4 35 | 7 36 | 10 35 | 4 07 | 8 03 | 10 40 |
| 18 | T | Jane Austen died 1817. | 4 36 | 7 35 | 10 54 | 4 08 | 8 02 | 10 52 |
| 19 | W | Bishop Wilberforce died 1873. | 4 37 | 7 35 | 11 15 | 4 09 | 8 01 | 11 03 |
| 20 | Th | Riel's trial commenced 1885. | 4 38 | 7 34 | 11 35 | 4 10 | 8 00 | 11 12 |
| 21 | F | Robert Burns died 1796. | 4 39 | 7 33 | morn. | 4 12 | 7 59 | 11 30 |
| 22 | S | Local clouds. | 4 40 | 7 32 | 0 04 | 4 13 | 7 58 | morn. |
| 23 | S | SIXTH SUNDAY AFTER TRINITY. | 4 41 | 7 31 | 0 42 | 4 14 | 7 57 | 0 01 |
| 24 | M | Capture of Gibraltar 1704. | 4 42 | 7 30 | 1 31 | 4 16 | 7 56 | 0 45 |
| 25 | T | St. James. | 4 43 | 7 29 | 2 31 | 4 17 | 7 54 | 1 44 |
| 26 | W | French Revolution 1830. | 4 44 | 7 28 | sets. | 4 10 | 7 53 | sets. |
| 27 | Th | Atlantic cable laid 1866. | 4 45 | 7 27 | 8 49 | 4 21 | 7 51 | 9 18 |
| 28 | F | Sultry period. | 4 46 | 7 26 | 9 17 | 4 23 | 7 50 | 9 36 |
| 29 | S | King Humbert assassinated 1900 | 4 47 | 7 25 | 9 37 | 4 24 | 7 49 | 0 45 |
| 30 | S | 7TH SUNDAY AFTER TRINITY. | 4 48 | 7 24 | 9 52 | 4 25 | 7 47 | 9 53 |
| 31 | M | Ignatius Loyola died 1556. | 4 49 | 7 23 | 10 11 | 4 26 | 7 46 | 10 11 |
| | | | 4 50 | 7 22 | 10 29 | 4 27 | 7 45 | 10 17 |

| MOON'S PHASES | N.B., N.S., P.E.I. | Ont., Que | Man., Sask., Alta. | British Columbia |
|------------------|--------------------|----------------|--------------------|------------------|
| First Quarter... | 3d 5h 6m m. | 3d 4h 4m m. | 3d 2h 51m m. | 3d 1h 6m m. |
| Full Moon... | 11d 8h 39m m. | 11d 7h 37m m. | 11d 6h 24m m. | 11d 4h 39m m. |
| Last Quarter... | 19d 1h 17m m. | 19d 0h 15m m. | 18d 11h 2m ev. | 18d 9h 17m ev. |
| New Moon... | 25d 3h 58m ev. | 25d 2h 56m ev. | 25d 1h 43m ev. | 25d 11h 58m m. |

GOOD IN THE OLD COUNTRY! GOOD IN CANADA, TOO!

Mr. C. James, who lives at Neuchatel, Red Deer District, Alberta, sends us this letter, dated January 17, 1910:—

"It was many years ago, in the Old Country, that I was first advised to try Mother Seigel's Syrup. I constantly suffered from Indigestion and Constipation and it has always given me relief after one, or sometimes two doses. Since I have been in Canada I have also had occasion to use it and can confidently recommend Mother Seigel's Syrup to anyone suffering from Indigestion or Constipation. As a matter of fact I would not be without a bottle in the house."

Indigestion in Canada is just the same as Indigestion in England, Scotland, or Ireland; or in India or China. And Mother Seigel's Syrup is the same sure cure for Indigestion all over the world. It cures by natural means and restores good health—anywhere, everywhere.

RHEUMATISM

And Its Sister Diseases, Gout and Sciatica.

Few of us escape Rheumatism, and when once we have had a few twinges, we do not need to be told what a painful, crippling thing it is. In treating it we must bear in mind that Rheumatism is an inflammation of the joints and muscles, caused by the deposit in them of a poison from the blood, called uric acid. You know that in a crooked stream, the loose stuff that floats on the water is always apt to lodge in the bends, where the current is slow. It is the same way in this case. The blood flows more slowly in the joints and muscles than it does elsewhere in the body, and so the floating acid poison settles there and causes Rheumatism, Gout, or Sciatica.



Some lilting music for the dancers.

It was once thought that damp, worry or anxiety were among the causes of Rheumatism, but this has been found to be a mistake. These things often develop the disease, but the poison is already in the tissues, and although damp and wet and worry, by hindering the action of the skin, liver or kidneys, may bring it out, they are never the cause of it. You may be saved much time, money, and disappointment by remembering that fact.

In the beginning Rheumatism, like its sister troubles, Gout and Sciatica, is only due to Indigestion, or Dyspepsia, for if the stomach and other digestive organs are doing their duty, there will not be any poison in the blood to sow the seeds of such painful troubles. The mode of cure is, therefore, easy to see. We must cure the Indigestion—of which Rheumatism, Gout and Sciatica are only symptoms—and thus get rid of our rheumatic aches, pains and stiffness. Liniments, ointments, and poultices do no lasting good. They may give ease and comfort for an hour or two, but they cannot cure.

Mother Seigel's Syrup, by enabling the stomach, liver, bowels and kidneys to work naturally and regularly, purifies the blood and so removes the uric acid deposits from the joints and muscles, promotes the secretion of the healthy natural fluids, and keeps

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AUGUST

8TH MONTH - 31 DAYS



| Day Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS | For the Provinces of Ontario and Quebec | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | |
|--------------|-------------|---|--|--------------|---------------|--|--------------|---------------|
| | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | T | Parcel Post inaugurated 1883. | h.m. | h.m. | h. m. | h.m. | h.m. | h. m. |
| 2 | W | Battle of Blenheim 1704. | 4 51 | 7 21 | 10 47 | 4 28 | 7 44 | 10 25 |
| 3 | Th | Hankon VII of Norway b 1872. | 4 52 | 7 20 | 11 09 | 4 30 | 7 42 | 10 39 |
| 4 | F | Poet Shelley born 1792 | 4 53 | 7 19 | 11 35 | 4 31 | 7 40 | 10 58 |
| 5 | S | Thunder storm period. | 4 54 | 7 18 | morn. | 4 33 | 7 38 | 11 27 |
| 6 | S | 8 TH SUNDAY AFTER TRINITY. | 4 55 | 7 17 | 0 12 | 4 35 | 7 36 | morn. |
| 7 | M | British occupy Lhasa 1904. | 4 56 | 7 15 | 0 53 | 4 36 | 7 34 | 0 07 |
| 8 | T | Transvaal ceded to Boers 1881. | 4 57 | 7 14 | 1 44 | 4 37 | 7 33 | 0 58 |
| 9 | W | Coronation King Edward 1902. | 4 58 | 7 13 | 2 43 | 4 39 | 7 31 | 1 58 |
| 10 | Th | St. Lawrence. | 4 59 | 7 11 | set. | 4 40 | 7 30 | rises. |
| 11 | F | Cardinal Newman died 1890. | 5 00 | 7 10 | 8 08 | 4 42 | 7 28 | 8 35 |
| 12 | S | Unsettled. | 5 02 | 7 07 | 8 43 | 4 45 | 7 24 | 8 50 |
| 13 | S | 9 TH SUNDAY AFTER TRINITY. | 5 03 | 7 06 | 9 03 | 4 46 | 7 23 | 9 04 |
| 14 | M | Heligoland ceded 1890. | 5 05 | 7 04 | 9 20 | 4 47 | 7 21 | 9 10 |
| 15 | T | Sir Walter Scott born 1771. | 5 06 | 7 03 | 9 39 | 4 48 | 7 19 | 9 20 |
| 16 | W | Battle of Bennington, Vt., 1777. | 5 07 | 7 01 | 10 04 | 4 50 | 7 17 | 9 36 |
| 17 | Th | Frederick the Great died 1796. | 5 08 | 7 00 | 10 36 | 4 52 | 7 15 | 9 59 |
| 18 | F | Emperor of Austria born 1830. | 5 09 | 6 58 | 11 21 | 4 54 | 7 13 | 10 36 |
| 19 | S | Local storms. | 5 10 | 6 56 | morn. | 4 55 | 7 11 | 11 28 |
| 20 | S | 10 TH SUNDAY AFTER TRINITY. | 5 11 | 6 55 | 0 16 | 4 57 | 7 09 | morn. |
| 21 | M | LaFayette captured 1792. | 5 14 | 6 53 | 1 23 | 4 58 | 7 07 | 3 36 |
| 22 | T | Battle of Bosworth 1485. | 5 15 | 6 51 | 2 38 | 4 59 | 7 05 | 3 55 |
| 23 | W | Treaty of Prague 1866. | 5 16 | 6 50 | 3 56 | 5 01 | 7 03 | 1 20 |
| 24 | Th | St. Bartholomew. | 5 17 | 6 48 | sets. | 5 02 | 7 01 | sets. |
| 25 | F | Victoria Bridge Montreal open | 5 18 | 6 46 | 7 56 | 5 04 | 7 00 | 8 03 |
| 26 | S | Battle of Crecy 1346. [1860. | 5 19 | 6 45 | 8 12 | 5 05 | 6 58 | 8 13 |
| 27 | S | 11 TH SUNDAY AFTER TRINITY. | 5 20 | 6 43 | 8 34 | 5 07 | 6 56 | 8 23 |
| 28 | M | Slavery abol. British Empire 1825 | 5 21 | 6 41 | 8 50 | 5 09 | 6 53 | 8 30 |
| 29 | T | Dry. | 5 22 | 6 39 | 9 40 | 5 10 | 6 50 | 8 41 |
| 30 | W | Battle of Plevna 1877. | 5 23 | 6 37 | 9 35 | 5 11 | 6 48 | 9 10 |
| 31 | Th | John Bunyan died 1688. | 5 24 | 6 36 | 10 08 | 5 13 | 6 46 | 9 25 |

| MOON'S PHASES | N.B., N.S., P.E.I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|---------------|--------------------|-----------------|--------------------|------------------|
| First Quarter | 1d 7h 15m ev. | 1d 6h 13m ev. | 1d 5h 0m ev. | 1d 3h 15m ev. |
| Full Moon | 9d 10h 41m ev. | 9d 9h 39m ev. | 9d 8h 26m ev. | 9d 6h 41m ev. |
| Last Quarter | 17d 7h 57m m. | 17d 6h 55m m. | 17d 42m m. | 17d 3h 57m m. |
| New Moon | 24d 0h 1m m. | 23d 10h 59m ev. | 23d 46m ev. | 23d 8h 1m ev. |
| First Quarter | 31d 0h 7m ev. | 31d 11h 5m m. | 31d 9h 52m m. | 31d 8h 7m m. |

fresh poison from forming. Many a poor rheumatic, after a faithful use of this herbal tonic, has been able to leave his bed, or throw aside his crutches, and once more walk erect and freely, as Nature meant us all to do.

Don't neglect first signs but take Mother Seigel's Syrup at once and you will never have to suffer the later and severer miseries of the distressing disorder. Be wise in time!

"I have been taking Mother Seigel's Syrup for some time now and would not be without it for anything. It is the best medicine I have ever taken for Constipation, and I owe my present state of good health to its aid." This is what Mrs. Daisy Roffey wrote us, on Jan. 21, 1910, from her home, 15 Gibson Avenue, East Toronto, Ont.

ANÆMIA.

Anæmia is the sure sign of a weak, poor condition of the blood. You know its victims by their pale or sallow faces, their white dry lips, their dull weary eyes, and the general feebleness of their bodies—and you pity them.

They look what they are, feeble for want of nourishment. And herein lies the whole secret of the complaint. When you have Anæmia the whole fibre of your body is in an unhealthy condition because your blood is poor, and lacks the important little “red corpuscles,” whose function it is to carry oxygen from the lungs to every part of the body, and use it to consume—destroy—all waste matter in the blood. Now, why is this? Think! It is because you are not getting the proper nourishment out of your food, while at the same time you are killing these red corpuscles with self-made poisons due to Indigestion, Constipation, or functional irregularities.

These complaints fill the blood with impurities, and throw an excessive and unnatural strain on the corpuscles, so that they cannot kill off all the impurities, and they positively die of overwork. Thus your blood becomes pale and your system feeble—and that is Anæmia. Very often the skin becomes affected from the overstrain, and then unsightly rashes and pimples appear. The kidneys, too, may break down, and then damp or a chill may lead to rheumatism or sciatica. Shaky nerves follow, and the tortures of neuralgia.

Mother Seigel's Syrup, the ideal herbal tonic for the digestive organs, will help to overcome all this. It tones and invigorates stomach and bowels, thoroughly cleanses the system of impurities, purifies and enriches the blood, and thus promptly removes both the cause and the effects of anæmia.

Mr. Simon T. Clannon, storekeeper at Point Michaud, N.S., says:—“I have customers who sing the praise of Mother Seigel's Syrup, because they have been marvellously benefited by its use. Some have even been able to resume work, after giving up on account of failing health. It strengthens the weak back and gives the dyspeptic a new lease of life. I consider there is no equal to it on the market.”

“I have been familiar with the use of Mother Seigel's Syrup since I can remember, as my father and mother used it with great satisfaction for indigestion. I myself have used it with the best results and take pleasure in recommending it as the best medicine I know of for this common complaint.”

Feb. 17, 1910.

WM. PAGE, Tyreonnell, Ont.

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SEPTEMBER

9TH MONTH - 30 DAYS



| DAY Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | |
|--------------|-------------|--|---|--------------|---------------|--|--------------|---------------|
| | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | F | St. Giles. | h. m. | h. m. | h. m. | h. m. | h. m. | h. m. |
| 2 | S | Battle of Omdurman 1898. | 5 25 | 6 34 | 10 43 | 5 15 | 6 41 | 10 02 |
| 3 | S | 12 TH SUNDAY AFTER TRINITY. | 5 26 | 6 32 | 11 34 | 5 17 | 6 42 | 10 49 |
| 4 | M | Labor Day. | 5 28 | 6 30 | morn. | 5 18 | 6 40 | 11 45 |
| 5 | T | Malta capt. by British 1800. | 5 29 | 6 28 | 0 31 | 5 20 | 6 38 | morn. |
| 6 | W | Lt. Peary ann. disc. North Pole | 5 30 | 6 26 | 1 33 | 5 22 | 6 36 | 0 50 |
| 7 | Th | Battle of Turin 1706. [1909. | 5 31 | 6 24 | 2 40 | 5 23 | 6 34 | 2 05 |
| 8 | F | Warm. | 5 32 | 6 22 | 3 50 | 5 24 | 6 32 | 3 22 |
| 9 | S | Battle of Flodden 1513. | 5 33 | 6 21 | rises | 5 25 | 6 29 | rises |
| 10 | S | 13 TH SUNDAY AFTER TRINITY. | 5 34 | 6 19 | 7 05 | 5 26 | 6 27 | 7 04 |
| 11 | M | Battle of Lake Champlain 1814. | 5 35 | 6 17 | 7 25 | 5 28 | 6 25 | 7 22 |
| 12 | T | Rt. Hon. H. H. Asquith b. 1852. | 5 37 | 6 16 | 7 46 | 5 29 | 6 23 | 7 28 |
| 13 | W | Capture of Quebec 1759. | 5 38 | 6 14 | 8 07 | 5 31 | 6 20 | 7 39 |
| 14 | Th | Duke of Wellington died 1852 | 5 39 | 6 12 | 8 37 | 5 32 | 6 18 | 8 01 |
| 15 | F | British occupied New York 1776 | 5 40 | 6 10 | 9 18 | 5 33 | 6 16 | 8 34 |
| 16 | S | Storm wave. | 5 41 | 6 08 | 10 08 | 5 35 | 6 14 | 0 20 |
| 17 | S | 14 TH SUNDAY AFTER TRINITY. | 5 42 | 6 07 | 11 08 | 5 37 | 6 12 | 10 21 |
| 18 | M | Dr. Johnson horn 1709. | 5 43 | 6 05 | morn. | 5 38 | 6 09 | 11 36 |
| 19 | T | Battle of Poitiers 1356. | 5 44 | 6 03 | 0 19 | 5 40 | 6 07 | morn. |
| 20 | W | Battle of Alma 1854. | 5 45 | 6 01 | 1 36 | 5 42 | 6 05 | 0 57 |
| 21 | Th | Governor Johnson died 1909. | 5 46 | 6 00 | 2 53 | 5 44 | 6 03 | 2 24 |
| 22 | F | Unsettled. | 5 47 | 5 58 | 4 12 | 5 45 | 6 01 | 3 54 |
| 23 | S | Marshal Bazaine died 1888. | 5 49 | 5 56 | sets. | 5 46 | 5 58 | sets. |
| 24 | S | 15 TH SUNDAY AFTER TRINITY. | 5 50 | 5 54 | 6 40 | 5 48 | 5 56 | 6 37 |
| 25 | M | Relief of Lucknow 1857. | 5 51 | 5 52 | 6 53 | 5 50 | 5 54 | 6 41 |
| 26 | T | St. Cyprian. | 5 52 | 5 50 | 7 12 | 5 52 | 5 52 | 6 46 |
| 27 | W | Gales. | 5 54 | 5 48 | 7 35 | 5 53 | 5 50 | 7 03 |
| 28 | Th | Battle of Strasburg 1870. | 5 55 | 5 46 | 8 05 | 5 54 | 5 47 | 7 22 |
| 29 | F | St. Michael (Michaelmas Day) | 5 56 | 5 44 | 8 41 | 5 55 | 5 45 | 7 57 |
| 30 | S | Lord Roberts, V. C., born 1832 | 5 57 | 5 42 | 9 25 | 5 56 | 5 43 | 8 39 |
| | | | 5 58 | 5 41 | 10 19 | 5 53 | 5 41 | 9 33 |

| MOON'S PHASES | N. B., N. S., P. E. I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|---------------------|------------------------|----------------|--------------------|------------------|
| Full Moon | 8d 1h 43m m. | 8d 10h 41m m. | 8d 9h 28m m. | 8d 7h 43m m. |
| Last Quarter . . . | 15d 1h 37m ev. | 15d 0h 35m ev. | 15d 11h 22m m. | 15d 9h 37m m. |
| New Moon | 22d 10h 23m m. | 22d 0h 21m m. | 22d 8h 8m m. | 22d 6h 23m m. |
| First Quarter . . . | 30d 6h 54m m. | 30d 5h 52m m. | 30d 4h 39m m. | 30d 2h 54m m. |

SICK HEADACHE.

There are few more distressing complaints than sick headache, and few, unfortunately, more common, particularly amongst women. Bilioussness and Constipation are the chief causes. Take Mother Seigel's Syrup with your meals and you will soon be free from headache. It regulates the flow of bile and strengthens the bowels. If very constipated take Mother Seigel's Pills, also.

Mrs. Barnstaple, of Scatarie Island, Cape Breton Co., N.S., writing on Feb. 20, 1910, says:—"I have taken Mother Seigel's Syrup for Indigestion, and disordered stomach, and have found it to be a certain cure and I look upon it as the finest stomach medicine procurable. I have also used the Pills, and results convince me that the ones put forward for them, are in no way exaggerated."

IT MAKES HOME COMPLETE.

It is a great victory to overcome such an illness as Indigestion after being a victim of it for nearly twenty years; yet that is the sort of victory that Mother Seigel's Syrup has been winning all over the world, for the past 40 years. Mr. David Warnell, a well-known resident of Jeddore, Oyster Ponds, N.S., sent us a letter on January 11, 1910, in which he tells us that Mother Seigel's Syrup cured him, after twenty years of suffering and when four doctors had failed to give him relief. Mr. Warnell also declares that Mother Seigel's Syrup is so good a medicine that "No home is complete without it." Read the letter:—

"I have suffered from Stomach Disorders for twenty years or more, and during that period was treated by four physicians with no beneficial result. Mother Seigel's Syrup was finally used with great effect and overcame my troubles.

"My wife has used Mother Seigel's Syrup for palpitation of the heart, caused by Indigestion and wind pressure in the stomach, and it benefits her considerably; in fact, all of my family use this medicine and find it invaluable. I keep Mother Seigel's Syrup in the house all the time and cannot speak too highly of it as a family remedy. No home is complete without it."

Many people pass years and years in suffering, who may be quickly cured if they only take the right medicine at the right time. Mr. Warnell could have been cured just as easily if he had taken Mother Seigel's Syrup twenty hours after



One of the ship's pets learning English.

his first attack, as he was when he took it many years later. What his condition must have been is well shown by this letter, dated at West Jeddore, Jan. 19, 1910:—

"I am well acquainted with Mr. Warnell; in fact, I have known him since boyhood. Four years ago he did not seem to me as if he could live three months. He is keeper of the Big Iron Drawbridge of Jeddore, which entails considerable work, and he was obliged to cease his labours on account of sickness. Now, after the help of Mother Seigel's Syrup, he can attend to his duties as well as any man. Yours truly,

P. W. MASKELL,
Stipendiary Magistrate for Halifax Co., N.S.

All that Mother Seigel's Syrup does in such cases is to restore the digestive system to healthy natural condition. Both the Syrup and the Pills are made from the extracts of roots, barks and leaves which have a direct tonic and curative effect on the stomach, liver and bowels.

Mr. Benjamin Clements, of Roseville, Prince Edward Island, wrote us on February 10th, 1910, saying:—"I have been troubled greatly with my stomach and bowels and much relief has been afforded to me by using Mother Seigel's Pills. I never want to be without them in the house and strongly recommend them to anyone who is troubled as I was. To my mind there are no other Pills equal to them."

OCTOBER

10TH MONTH - 31 DAYS



| Day Month | Day Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | |
|--------------|-------------|--|---|--------------|---------------|--|--------------|---------------|
| | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | S | 16TH SUNDAY AFTER TRINITY. | h. m. | h. m. | h. m. | h. m. | h. m. | h. m. |
| 2 | M | Major Andre hanged 1780. | 5 59 | 5 40 | 11 20 | 6 00 | 5 39 | 10 33 |
| 3 | T | Moderating. | 6 00 | 5 38 | morn. | 6 02 | 5 36 | 11 46 |
| 4 | W | Crispi "Statesman" born 1819. | 6 01 | 5 36 | 0 21 | 6 03 | 5 34 | morn. |
| 5 | Th | First English Bible printed 1535. | 6 02 | 5 34 | 1 32 | 6 05 | 5 32 | 1 00 |
| 6 | F | Chamberlain off. Tariff Ref. 1903. | 6 04 | 5 32 | 2 44 | 6 07 | 5 30 | 2 22 |
| 7 | S | Battle of Metz 1870. | 6 06 | 5 30 | 2 59 | 6 09 | 5 28 | 3 48 |
| 8 | S | 17TH SUNDAY AFTER TRINITY. | 6 07 | 5 29 | 5 14 | 6 10 | 5 26 | 5 14 |
| 9 | M | Kruger issued ultimatum 1899. | 6 08 | 5 27 | rises. | 6 11 | 5 23 | rises. |
| 10 | T | President Kruger born 1825. | 6 09 | 5 25 | 6 10 | 6 13 | 5 21 | 5 48 |
| 11 | W | Battle of Camperdown 1797. | 6 10 | 5 23 | 6 39 | 6 15 | 5 19 | 6 06 |
| 12 | Th | Robt. Stephenson died 1859. | 6 11 | 5 22 | 7 16 | 6 16 | 5 17 | 6 34 |
| 13 | F | Sir Henry Irving died 1905. | 6 12 | 5 20 | 8 01 | 6 17 | 5 15 | 7 17 |
| 14 | S | Battle of Hastings 1066. | 6 14 | 5 18 | 0 02 | 6 18 | 5 13 | 8 13 |
| 15 | S | 18TH SUNDAY AFTER TRINITY. | 6 15 | 5 16 | 10 10 | 6 19 | 5 11 | 9 24 |
| 16 | M | Damp and foggy. | 6 17 | 5 14 | 11 23 | 6 21 | 5 09 | 10 42 |
| 17 | T | Smollett died 1771. | 6 18 | 5 13 | morn. | 6 23 | 5 07 | morn. |
| 18 | W | St. Luke Evangelist. | 6 19 | 5 12 | 0 33 | 6 25 | 5 05 | 0 07 |
| 19 | Th | Dean Swift died 1745. | 6 20 | 5 10 | 1 55 | 6 27 | 5 03 | 1 34 |
| 20 | F | Lord Palmerston born 1784. | 6 22 | 5 08 | 3 11 | 6 29 | 5 01 | 3 02 |
| 21 | S | Battle of Trafalgar 1805. | 6 23 | 5 07 | 4 29 | 6 31 | 4 59 | 4 29 |
| 22 | S | 19TH SUNDAY AFTER TRINITY. | 6 24 | 5 05 | 5 35 | 6 32 | 4 57 | 5 41 |
| 23 | M | Earl Derby died 1869. | 6 25 | 5 01 | sets | 6 34 | 4 55 | sets. |
| 24 | T | Fair and genial. | 6 27 | 5 02 | 5 37 | 6 35 | 4 53 | 5 09 |
| 25 | W | Battle of Agincourt 1415. | 6 28 | 5 01 | 0 04 | 6 37 | 4 51 | 5 26 |
| 26 | Th | Prince Ito of Japan ass. 1909. | 6 29 | 5 00 | 6 38 | 6 38 | 4 49 | 5 53 |
| 27 | F | Theodore Roosevelt born 1858. | 6 30 | 4 58 | 7 19 | 6 40 | 4 47 | 6 33 |
| 28 | S | Harvard College founded 1636. | 6 31 | 4 57 | 8 03 | 6 41 | 4 45 | 7 22 |
| 29 | S | 20TH SUNDAY AFTER TRINITY. | 6 33 | 4 55 | 9 05 | 6 43 | 4 44 | 8 20 |
| 30 | M | Cloudy. | 6 34 | 4 53 | 10 08 | 6 45 | 4 43 | 9 25 |
| 31 | T | Hallow'een. | 6 35 | 4 51 | 11 14 | 6 47 | 4 40 | 10 40 |
| | | | 6 36 | 4 50 | morn. | 6 49 | 4 39 | 11 55 |

| MOON'S PHASES | N.B., N.S., P.E.I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|---------------|--------------------|-----------------|--------------------|------------------|
| Full Moon | 7d 11h 57m ev. | 7d 10h 55m ev. | 7d 9h 42m ev. | 7d 7h 57m ev. |
| Last Quarter | 14d 7h 32m ev. | 14d 6h 30m ev. | 14d 5h 17m ev. | 14d 3h 32m ev. |
| New Moon | 21d 11h 55m ev. | 21d 10h 53m ev. | 21d 9h 40m ev. | 21d 7h 55m ev. |
| First Quarter | 30d 2h 28m m. | 30d 1h 26m m. | 30d 0h 13m m. | 29d 10h 28m ev. |

WORMS IN CHILDREN.

Worms do not exist in the stomachs or bowels of healthy children. They are bred by a corrupt, unhealthy condition in the system. Sometimes they induce an unnatural ravenous appetite in the child and at other times destroy the appetite altogether. Mother Seigel's Syrup drives out the worms and brings about a healthy condition in which worms cannot live. Mothers should give their children only moderate doses of the Syrup—3 to 10 drops three times a day, in milk, with the regular food. For children under 5 years, the smaller dose. It will keep them free from worms.

THE KIDNEYS AND BLADDER.

How They Protect You, If You Protect Them.

The most eminent medical men declare that "the blood is the life," and if we are to enjoy healthy life, the natural impurities of our bodies must be daily removed from our blood by the help of the kidneys. So long as you are in health, your kidneys do this work easily; but when, in consequence of Indigestion, Constipation, or liver troubles, your blood becomes loaded with impurities, then the strain on the kidneys is too great, and they break down. The natural waste of the system, which should pass off freely in liquid form, becomes a sort of solid acid, and is



Going ashore to see the folks.

deposited like invisible sandy grit in your kidneys and bladder; sometimes it settles in your joints and muscles. This deposit is the cause of backache, of gravel, stone, and other kidney and bladder troubles which, alas, too often prove fatal; it is also the cause of many distressing skin affections, and of Rheumatism, Gout, Lumbago, and all the uric acid diseases.

But now that you know the cause, you can see how these miseries may be avoided, and that is—by keeping your kidneys as well as your stomach, liver, and bowels active, and as a natural consequence your blood pure and healthy. The means of doing this is ready

to your hand, in Mother Seigel's Syrup. It is a purely vegetable compound, having a specific action on the blood, through the stomach, liver and kidneys. By toning and strengthening these organs, it expels impurities from the system, enriches the blood, and thus insures health and vigour to every part of the body. Take it daily, after meals.

Mr. David Hickie, of Lorne, Restigouche Co., N.B., writes under date of January 16, 1910:—"For about five years I suffered continually from Liver Complaint. I used only one bottle of Seigel's Syrup and was entirely cured. It is now over a year since I took the medicine and I have not felt any return of the sickness."

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NOVEMBER

11TH MONTH - 30 DAYS



| Day | Month | Day | Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatch- ewan and Alberta. | | |
|-----|-------|-----|------|--|---|--------------|---------------|--|--------------|---------------|
| | | | | | Sun Rises. | Sun Sets. | Moon sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | W | | | All Saints Day. | h.m. | h.m. | h.m. | h.m. | h.m. | h.m. |
| 2 | Th | | | All Souls Day. | 6 38 | 4 49 | 0 22 | 6 50 | 4 37 | morn. |
| 3 | F | | | Rainy. | 6 40 | 4 47 | 1 35 | 6 51 | 4 35 | 1 18 |
| 4 | S | | | French gave up Fashoda 1898. | 6 41 | 4 46 | 2 48 | 6 53 | 4 33 | 2 44 |
| 5 | S | | | 21ST SUNDAY AFTER TRINITY. | 6 42 | 4 45 | 4 03 | 6 55 | 4 31 | 4 06 |
| 6 | M | | | Sir Geo. Williams died 1905. | 6 44 | 4 44 | 5 18 | 6 57 | 4 29 | 5 29 |
| 7 | T | | | Canadian Pacific Ry. com. 1885. | 6 45 | 4 43 | rises. | 6 59 | 4 28 | rises. |
| 8 | W | | | John Milton died 1674. | 6 46 | 4 42 | 5 11 | 7 00 | 4 27 | 4 32 |
| 9 | Th | | | King Edward VII born 1841. | 6 47 | 4 41 | 5 57 | 7 02 | 4 25 | 5 12 |
| 10 | F | | | Martin Luther born 1483. | 6 48 | 4 40 | 6 52 | 7 04 | 4 23 | 6 03 |
| 11 | S | | | Mild wave. | 6 50 | 4 39 | 8 00 | 7 06 | 4 22 | 7 13 |
| 12 | S | | | 22ND SUNDAY AFTER TRINITY. | 6 51 | 4 37 | 0 14 | 7 07 | 4 21 | 8 30 |
| 13 | M | | | Montreal captured 1775. | 6 53 | 4 36 | 10 30 | 7 08 | 4 20 | 0 53 |
| 14 | T | | | J. R. Birchall hanged 1890. | 6 54 | 4 35 | 11 44 | 7 10 | 4 19 | 11 19 |
| 15 | W | | | Earl of Chatham born 1708. | 6 55 | 4 34 | morn. | 7 12 | 4 17 | morn. |
| 16 | Th | | | Louis Riel hanged 1885. | 6 56 | 4 33 | 1 00 | 7 14 | 4 16 | 0 47 |
| 17 | F | | | Mild and genial. | 6 57 | 4 32 | 2 17 | 7 15 | 4 15 | 2 12 |
| 18 | S | | | Standard time adopted 1883. | 6 59 | 4 31 | 3 27 | 7 16 | 4 14 | 3 25 |
| 19 | S | | | 23RD SUNDAY AFTER TRINITY. | 7 01 | 4 30 | 4 35 | 7 18 | 4 12 | 4 49 |
| 20 | M | | | Sir Wilfrid Laurier born 1841. | 7 02 | 4 29 | 5 46 | 7 20 | 4 11 | 6 11 |
| 21 | T | | | Unusually cold. | 7 03 | 4 28 | 6 57 | 7 21 | 4 10 | 7 30 |
| 22 | W | | | Lord Clive died 1774. | 7 04 | 4 28 | sets. | 7 22 | 4 09 | sets. |
| 23 | Th | | | King of Holland died 1800. | 7 05 | 4 27 | 5 14 | 7 24 | 4 08 | 4 29 |
| 24 | F | | | Gen. Wingate def. Khalifa 1899. | 7 07 | 4 27 | 6 01 | 7 26 | 4 07 | 5 15 |
| 25 | S | | | St. Catherine. | 7 08 | 4 26 | 6 56 | 7 28 | 4 06 | 6 00 |
| 26 | S | | | 24TH SUNDAY AFTER TRINITY. | 7 09 | 4 26 | 7 56 | 7 29 | 4 05 | 7 11 |
| 27 | M | | | Earliest date for Advent Sund. | 7 10 | 4 25 | 8 59 | 7 30 | 4 04 | 8 23 |
| 28 | T | | | Washington Irving died 1859. | 7 11 | 4 25 | 10 06 | 7 31 | 4 04 | 0 38 |
| 29 | W | | | Clear. | 7 13 | 4 24 | 11 16 | 7 33 | 4 03 | 10 55 |
| 30 | Th | | | St. Andrew. | 7 14 | 4 24 | morn. | 7 35 | 4 02 | morn. |
| | | | | | 7 14 | 4 24 | 0 27 | 7 36 | 4 02 | 0 16 |

| MOON'S PHASES | N. B., N. S., P. E. I. | Ont., Que. | Man., Sask., Alta. | British Columbia |
|---------------------|------------------------|----------------|--------------------|------------------|
| Full Moon . . . | 6d 11h 34m m. | 6d 10h 32m m. | 6d 9h 19m m. | 6d 7h 34m m. |
| Last Quarter . . . | 13d 3h 6m m. | 13d 2h 4m m. | 13d 0h 51m m. | 12d 11h 6m ev. |
| New Moon . . . | 20d 4h 35m ev. | 20d 3h 33m ev. | 20d 2h 20m ev. | 20d 0h 35m ev. |
| First Quarter . . . | 28d 9h 28m ev. | 28d 8h 26m ev. | 28d 7h 13m ev. | 28d 5h 28m ev. |

MOTHER SEIGEL'S PLASTERS.

These well-known medicated Plasters exert both a healing and soothing effect. Their healing properties are absorbed by the skin, and quickly penetrate to the very seat of the pain, bringing grateful relief more quickly and surely than any ordinary plasters. Being also porous, and flexible, they fit closely to the part to which they are applied; at the same time allowing free ventilation, and a way of escape for the bad humours withdrawn from the body. They are cheaper than liniments or embrocations, and better in their relieving and curative effects. Their superiority over old fashioned mustard plasters is twofold. Firstly, they bring relief more quickly, and, secondly, they do not irritate or burn the skin. Try them.

JUST THE SAME OUT WEST.

"The sun never sets on the British flag!" Of course it doesn't, because the flag is kept flying in every part of the world. And in just the same way Mother Seigel's Syrup cures people all round the world, because Indigestion exists in all lands and Mother Seigel's Syrup is sold—and used successfully—everywhere. Her friends keep her flag flying, out of sheer gratitude. We have letters from people who have been cured in all parts of Europe, Asia, Africa, America and Australia. Climate or distance make no difference in the cure. Here is a letter from one of our friends in Manitoba—Mr. E. F. Spicer, who lives at Vassa, and wrote to us on February 12, this year, saying:—

"I am sixty-two years old and for the past five or six years I have had spells of perfect prostration, seeming to lose all my strength, and the worst of it all was that I could get nothing to relieve me. My food did not nourish me and at times I would have to lie in bed for weeks.

"Last winter I tried Mother Seigel's Syrup and with the first dose I felt it improve my condition and give me vitality, so that it was not long before I was around attending to my business.

"The old saying is—'An ounce of prevention is worth a pound of cure,' so this winter when I felt a weak feeling coming over me I commenced to take Mother Seigel's Syrup, and am happy to inform you that although I have felt pretty shaky at times, I have been able to attend to my business right along.

"Mother Seigel's Syrup shielded off an attack, to which I have been so accustomed, and has left me in fine health. I cannot be too thankful for what your medicine has done for me."

Indigestion may arise from various causes, but no matter what the cause Mother Seigel's Syrup cures it. This medicine is purely herbal and cures Indigestion by greatly strengthening and toning up the stomach, liver and bowels, so that they can perform their functions easily and naturally. There is no nationality about Mother Seigel's Syrup—it cures anybody, anywhere, everywhere! Try it yourself!

"I feel I should like to add our testimony as to the benefit we have received from the use of Mother Seigel's Syrup. We have never been without the Syrup or the Pills for twenty years, in the Old Country as well as in Canada. We have several neighbors here who have tried it and found it splendid."

Mrs. M. Ironside, Beckenham, Sask.

April 22, 1910.

WHY PEOPLE WRITE LETTERS TO US.

Thousands of people who have been cured by using Mother Seigel's Syrup send us letters expressing their gratitude and happiness in obtaining relief from their ailments.

We never publish any such letters until the facts stated are proved, nor unless the writers give us full permission for the publication. In this way we show our good faith with the public and give them reliable proof of the actual curative power of Mother Seigel's Syrup. We are always pleased to receive letters from our patrons who have been cured, even when the writers do not wish us to print them. Every testimonial letter we print is genuine and they are never bought, because purchased opinions in such cases would not always be true and the public would sooner or later know that the statements were not reliable. People send them to us purely to show their gratitude, and, as they often state, to benefit others who are suffering as they did.

DEC

12TH

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DECEMBER

12TH MONTH - 31 DAYS



| DAY | Month | Day | Week | HISTORICAL AND CHRONOLOGICAL EVENTS. | For the Provinces of Ontario and Quebec. | | | For the Provinces of Manitoba, Saskatchewan and Alberta. | | |
|-----|-------|-----|------|--------------------------------------|--|-----------|------------|--|-----------|------------|
| | | | | | Sun Rises. | Sun Sets. | Moon Sets. | Sun Rises. | Sun Sets. | Moon Sets. |
| 1 | F | S | 1 | Queen Alexandra born 1844. | h. m. | h. m. | h. m. | h. m. | h. m. | h. m. |
| 2 | S | S | 2 | Battle of Austerlitz 1805. | 7 15 | 4 24 | 1 43 | 7 37 | 4 01 | 1 43 |
| 3 | M | S | 3 | 1st SUNDAY IN ADVENT. | 7 16 | 4 24 | 2 48 | 7 38 | 4 01 | 2 57 |
| 4 | T | S | 4 | Papineau Insurrection 1837. | 7 17 | 4 21 | 4 08 | 7 39 | 4 00 | 4 25 |
| 5 | W | S | 5 | Dry, clear and cold. | 7 18 | 4 21 | 5 26 | 7 41 | 4 00 | 5 55 |
| 6 | Th | S | 6 | St. Nicholas. | 7 19 | 4 23 | 6 52 | 7 42 | 3 59 | 7 27 |
| 7 | F | S | 7 | General Buller born 1839. | 7 20 | 4 23 | rises. | 7 43 | 3 59 | rises. |
| 8 | S | S | 8 | Conception Day. | 7 21 | 4 23 | 5 42 | 7 44 | 3 59 | 4 53 |
| 9 | M | S | 9 | Sierra Leone discovered 1786. | 7 22 | 4 23 | 6 55 | 7 45 | 3 59 | 6 09 |
| 10 | T | S | 10 | 2ND SUNDAY IN ADVENT. | 7 23 | 4 23 | 8 12 | 7 46 | 3 59 | 7 34 |
| 11 | W | S | 11 | Storm wave. | 7 24 | 4 23 | 9 32 | 7 48 | 3 58 | 9 04 |
| 12 | Th | S | 12 | Robert Browning died 1889. | 7 25 | 4 23 | 10 50 | 7 49 | 3 58 | 10 32 |
| 13 | F | S | 13 | Lord J. Manners born 1818. | 7 26 | 4 24 | morn. | 7 50 | 3 58 | morn. |
| 14 | S | S | 14 | Minneapolis fire 1901. | 7 27 | 4 24 | 0 07 | 7 51 | 3 58 | 0 01 |
| 15 | Th | S | 15 | Sitting Bull killed 1890. | 7 28 | 4 24 | 1 18 | 7 52 | 3 58 | 1 16 |
| 16 | F | S | 16 | Beethoven born 1770. | 7 28 | 4 21 | 2 26 | 7 53 | 3 58 | 2 38 |
| 17 | S | S | 17 | 3rd SUNDAY IN ADVENT. | 7 29 | 4 21 | 3 36 | 7 53 | 4 59 | 3 58 |
| 18 | M | S | 18 | Ember Day. | 7 29 | 4 25 | 4 47 | 7 54 | 4 59 | 5 10 |
| 19 | T | S | 19 | Behring "explorer" died 1741. | 7 30 | 4 25 | 5 51 | 7 54 | 4 59 | 6 32 |
| 20 | W | S | 20 | Ember Day. | 7 30 | 4 25 | 7 00 | 7 55 | 4 59 | 7 43 |
| 21 | Th | S | 21 | St. Thomas. | 7 31 | 4 26 | sets. | 7 55 | 4 59 | sets. |
| 22 | F | S | 22 | Winter begins. | 7 31 | 4 26 | 4 49 | 7 56 | 4 59 | 4 03 |
| 23 | S | S | 23 | Clear. | 7 32 | 4 27 | 5 48 | 7 56 | 4 59 | 5 03 |
| 24 | M | S | 24 | 4TH SUNDAY IN ADVENT. | 7 32 | 4 27 | 6 50 | 7 56 | 4 59 | 6 12 |
| 25 | T | S | 25 | CHRISTMAS DAY. | 7 33 | 4 28 | 7 57 | 7 57 | 4 02 | 7 28 |
| 26 | W | S | 26 | St. Stephen. | 7 33 | 4 28 | 9 05 | 7 57 | 4 02 | 8 41 |
| 27 | Th | S | 27 | St. John Evangelist. | 7 33 | 4 29 | 10 13 | 7 57 | 4 03 | 9 59 |
| 28 | F | S | 28 | Earthquake at Calabria, Sicily. | 7 33 | 4 30 | 11 24 | 7 58 | 4 03 | 11 19 |
| 29 | S | S | 29 | Rt. Hon. Ewart Gladstone b. 1809. | 7 33 | 4 31 | morn. | 7 58 | 4 06 | morn. |
| 30 | M | S | 30 | Rudyard Kipling born 1865. | 7 34 | 4 32 | 0 35 | 7 58 | 4 07 | 0 37 |
| 31 | T | S | 31 | 1ST SUNDAY AFTER CHRISTMAS. | 7 34 | 4 33 | 1 43 | 7 59 | 4 00 | 1 56 |
| | | | | | 7 34 | 4 31 | 3 02 | 7 59 | 4 10 | 3 24 |

| MOON'S PHASES | N. B. N. S. P. E. I. | Ont. Que. | Man. Sask. Alta. | British Columbia |
|---------------|----------------------|----------------|------------------|------------------|
| Full Moon | 5d 10h 38m ev. | 5d 9h 36m ev. | 5d 8h 23m ev. | 5d 6h 38m ev. |
| Last Quarter | 12d 1h 32m ev. | 12d 0h 30m ev. | 12d 11h 17m m. | 12d 9h 32m m. |
| New Moon | 20d 11h 26m m. | 20d 10h 24m m. | 20d 9h 11m m. | 20d 7h 26m m. |
| First Quarter | 28d 2h 34m ev. | 28d 1h 32m ev. | 28d 0h 19m ev. | 28d 10h 34m m. |

MOTHER SEIGEL'S OINTMENT.

What a lot of pain and trouble is saved when we can do the right thing at once. A burn or a scald, a bruise or a tear of the flesh, may lead to much suffering, if a remedy is not applied quickly. You cannot foresee such everyday troubles as these—especially where there are children—but you can and should keep handy a reliable, healing ointment; and there is nothing better than Mother Seigel's Ointment, which both soothes and heals. In cases of chapped hands or chilblains, the Ointment relieves the smarting almost immediately and soon heals the skin and banishes the inflammation. It is a most excellent salve also for easing the distress caused by piles.

MOTHER SEIGEL'S PILLS.

A Harmless, Gentle Laxative for General Use.

Nearly everybody, at one time or another, needs some laxative medicine. It is highly important to keep the intestines clear, not only for the sake of comfort but as a safeguard against many dangerous ailments. Now, while you probably need laxative medicine occasionally, it is to your own interest to be sure you take the **right** medicine. In the old days, any coarse combination of griping, purging mineral chemicals was looked upon as a remedy, if it only secured action of the bowels—but the great harm they did was not then, and cannot now, be estimated.

To meet the demand for a common-sense cathartic medicine Mother Seigel's Pills were prepared for occasional use, along with Mother Seigel's Syrup, in cases of obstinate irregularity. They are made of curative herbal extracts, especially to relieve constipation, the result being a gentle vegetable laxative in a form adapted for family use. All who suffer, and need such help as is described, should avoid the severe mineral purgatives and use, instead, Mother Seigel's Pills. They act just as gently as Nature's method, they cause no griping or nausea, and there are no after effects, such as the aggravated, intense constipation which often follows violent purging.

Regularity is often assisted by using small doses of Mother Seigel's Syrup, when the bowels have been relieved by the Pills. Mother Seigel's Pills are an excellent remedy after holidays and festivities, when your ordinary diet and habits may have been disturbed by excitement and, perhaps, unusual indulgence in eating and drinking.

"I have recently recovered from a severe attack of constipation and wind and write to tell you that I have been cured by Mother Seigel's Pills. I commenced to suffer about a year ago, and from that time until I started to take the Pills I never felt really well. I had frequent headaches, and did not sleep well at night. My tongue was coated and I had that heavy listless feeling that makes work of any kind a burden. I tried many advertised remedies but did not obtain relief until I tried your Pills. I took them steadily for about ten weeks, gaining in health all the time, and now I am pleased to say I can claim good health." Letter from Mr. Oliver Prevost, 17 Plateau St. Montreal, Feb. 12, 1910.

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Directions for taking Mother Selgel's Curative Syrup



DOSE.—FIFTEEN TO THIRTY DROPS two or three times a day. In a wineglass of water, immediately after eating.

NOTE.—Mother Selgel's Curative Syrup is put up in a very concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

It is best not to take Mother Selgel's Curative Syrup on an empty stomach. Commence by taking ten or fifteen drops three times a day immediately after eating in a little cold, sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Selgel's Curative Syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Selgel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Selgel's Curative Syrup.

FOR WORMS IN CHILDREN.—Three to ten drops of the Syrup in milk, or milk and water, to be given with the child's regular food, and three times a day; for children under five years old the smaller dose.

FOR SALE BY ALL DRUGGISTS AND DEALERS IN MEDICINE GENERALLY

THE PRICES OF THESE MEDICINES ARE AS FOLLOWS:

MOTHER SEIGEL'S CURATIVE SYRUP..... Per Bottle \$1.00
 MOTHER SEIGEL'S CURATIVE SYRUP..... " " .50

THE \$1 BOTTLE CONTAINS 2½ TIMES AS MUCH AS THE 50c SIZE.

MOTHER SEIGEL'S OPERATING PILLS..... Per Box .25
 MOTHER SEIGEL'S OINTMENT..... " " .25
 MOTHER SEIGEL'S PLASTERS..... Each .25

In case the reader cannot obtain the medicine from a local dealer, we will forward the same, carriage charges paid, on receipt of an Express or P. O. Order or stamps in a registered letter, for the quantity required.

Address:

A. J. WHITE & CO., Limited
 335. CRAIG STREET WEST, MONTREAL, P. Q.

Calendar 1911

