

Mother Seigel's almanac & home companion 1914 : full of interesting facts & information, entertaining-useful-instructive / [A.J. White Ltd.].

Contributors

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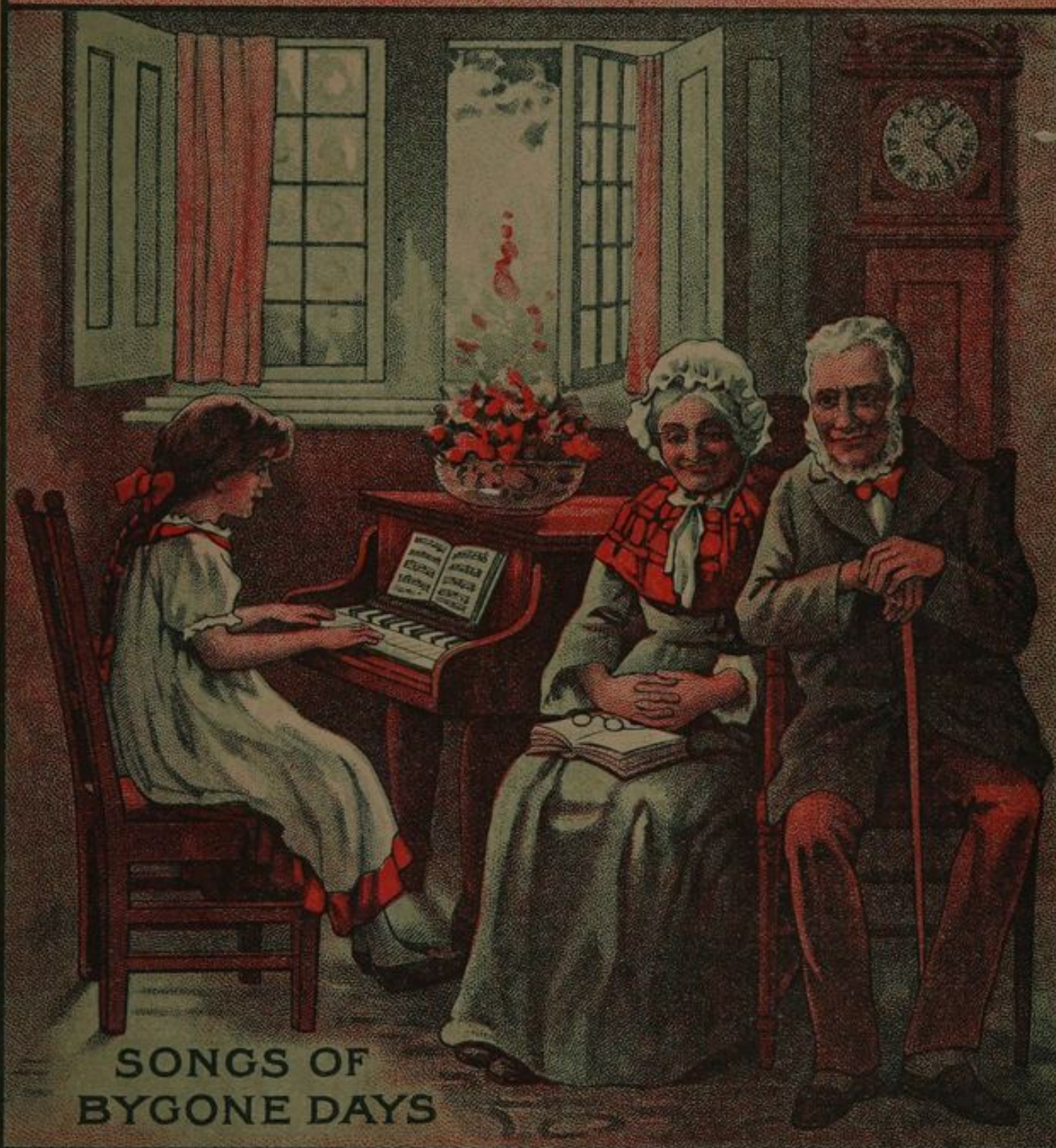
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MOTHER SEIGEL'S ALMANAC & HOME COMPANION 1914



SONGS OF
BYGONE DAYS

FULL OF INTERESTING FACTS & INFORMATION,
ENTERTAINING-USEFUL-INSTRUCTIVE.

TO EVERY READER—WARNING!

BEFORE you read this book we ask you carefully to consider the statements on this page. Here, in as few words as possible, we want to warn you against imitations and substitutes for Mother Seigel's Syrup.

There are many of them now before the public. Some take the form of fictitious recipes which are quite valueless, and others are bare-faced imitations of the genuine article, designed to sell at a huge profit.

What we ask you to remember is that Mother Seigel's Syrup enjoys a world-wide reputation. It has been in use for over forty years, and during that period, tens of thousands of people have voluntarily stated that it does liver troubles, and digestive organs to

What imitation record? What and shoddy substitute such unsolicited continued curative Seigel's Syrup? exist.

If you read this vinced that Mother worth a trial, you mistake in accept- or recipe that is There is only one

Syrup, only one true formula for it, known only to the proprietors, Messrs. A. J. White, Ltd., 35, Farringdon Road, London, E.C.

These recipes and imitations *do not* contain the same ingredients, for Mother Seigel's Syrup is compounded from more than ten distinct varieties of roots, barks and leaves, and these, when blended together, cannot be discovered by analysis, or again separated each into their different kinds. Eminent analysts admit that it is impossible to discover by analysis the actual composition of such a complex mixture of vegetable extracts as Mother Seigel's Syrup.

"The best of them can detect the presence of a few of the ingredients, and that is all they can do—but, you should note, the result does not tell them, or anybody else, what Mother Seigel's Syrup is really composed of. Your best plan, when you ask for Mother Seigel's Syrup, is to insist upon having the genuine article. 's Syrup," and say it firmly.

PUBLIC HOLIDAYS, 1914.

ENGLAND.

Good Friday - - April 10th
Easter Monday - - April 13th
Whit. Monday - - June 1st
Aug. Bank Holiday - Aug. 3rd
Christmas Day - - Dec. 25th
Boxing Day - - - Dec. 26th

SCOTLAND.

New Year's Day - Jan. 1st
Good Friday - - April 10th
Bank Holiday - - May 4th
Christmas Day - - Dec. 25th

There are also special holi-
days in the principal cities
and towns.

banish stomach and restores the diges- healthy activity.

can show such a cheaply-prepared tute has received testimony to its value as Mother Such a one does not

book, and are con- Seigel's Syrup is will make a great ing any substitute offered to you. Mother Seigel's



22502964307



IN this Booklet we place at your service much useful information gleaned from the storehouse of experience, together with many interesting items of fact and fancy for the instruction, guidance and entertainment of each member of your family circle.

In the hope that you may deem it worthy of being kept throughout the year 1914, we have provided the Booklet with a loop of string, so that, without trouble, you may hang it up in some convenient place for handy reference.

Amongst the many useful and interesting articles contained in this Booklet you will find the following:—

- | | |
|--|---------------------------------|
| What the Eyes Tell You. | Games for an Evening Party. |
| How Hair Indicates Character. | What To Do in an Emergency. |
| Character from the Finger Nails. | Household Hints. |
| Fortune Telling by Tea Leaves. | How to Make a Will. |
| Language of the Postage Stamp. | Cooking Weights and Measures. |
| Wedding Anniversaries. | Things a Mother Should Know. |
| In what Month were you Married? | Armies and Navies of the World. |
| Mascots and their Meaning. | Britain's Food Supply. |
| Riddles and Conundrums. | Useful Legal Pointers. |
| Registration of Births, Marriages, and Deaths. | |



How Can You be Well If You Don't Digest Your Food?

NOW how can you? Nature compels us to eat food daily—to renew our strength, to increase our vitality, and to replace the daily wear and tear of our bodies.

Daily, hourly, yes, every moment of your life, Nature is building up your body, and breaking it down again. You, that is, *yourself*, are not the person you were ten years ago. Ten years ago you had muscles, sinew, nerve, and brain. You have them to-day, it is true, but they are not the same. In the years that have passed they have been worn away and rebuilt again.

Sit back in your chair and turn that over in your mind for a moment or two. Then you will realise that as all this wearing out and building up of the body is going on so continuously and so certainly you *really* must eat daily a sufficient quantity of good food to keep up your strength.

You simply must. And yet that's just where the rub comes in. Given plenty of good and nourishing food it by no means follows that a man will be really healthy. Not at all. Perfect health is impossible without sound digestion. For food cannot possibly nourish your body and sustain your life unless it is digested. If people would only realise this simple fact, they would regard indigestion—that is, bad digestion—as the serious menace to their health which it really is.

When you have indigestion, when your digestive organs—the stomach, liver, and bowels—go on strike as it were, you are bound to experience various distressing symptoms, such as headaches, flatulence, loss of appetite, pains after eating, languor, and depression. These symptoms prove beyond a shadow of doubt that you can't be really well if you don't digest your food.

Indigestion is one of the commonest complaints. Most people have it in a mild form at one time or another, and often without feeling any pain at all, for sleepiness, giddiness, depression, languor, and poor appetite, are quite common symptoms of indigestion.

The success of Mother Seigel's Syrup in banishing indigestion has been proved time and again beyond all doubt. Mind you, Mother Seigel's Syrup will not cure everything. It is not a magic remedy. Its remarkable efficacy depends, not upon any one ingredient, but upon many valuable herbal extracts, which in combination exert a wonderfully curative and strengthening influence upon the stomach, liver, and bowels. When one or other of these organs becomes a little sluggish or inactive, Mother Seigel's Syrup is just the thing to restore it. If you remember that the symptoms of indigestion prove that something is amiss with the stomach, and that Mother Seigel's Syrup tones up and regulates the stomach, then you will see at once why its popularity has become world-wide.



JANUARY

MOON'S PHASES

4th First Quarter ☾ 1.9 pm | 19th Last Quarter ☾ 12.30 am
12th Full Moon ○ 5.9 am | 26th New Moon ● 6.34 am

1914.

Sunrise Sunset

1	Thursday	8.8	3.59
2	Friday	8.8	4.0
3	Saturday	8.8	4.1
4	Sunday	8.8	4.2
5	Monday	8.7	4.3
6	Tuesday	8.7	4.4
7	Wednesday	8.7	4.6
8	Thursday	8.6	4.7
9	Friday	8.6	4.9
10	Saturday	8.5	4.10
11	Sunday	8.5	4.11
12	Monday	8.4	4.12
13	Tuesday	8.3	4.13
14	Wednesday	8.3	4.15
15	Thursday	8.2	4.17
16	Friday	8.1	4.18
17	Saturday	8.0	4.20
18	Sunday	7.59	4.22
19	Monday	7.58	4.23
20	Tuesday	7.57	4.25
21	Wednesday	7.56	4.27
22	Thursday	7.55	4.28
23	Friday	7.54	4.30
24	Saturday	7.53	4.31
25	Sunday	7.52	4.33
26	Monday	7.50	4.35
27	Tuesday	7.49	4.37
28	Wednesday	7.48	4.39
29	Thursday	7.46	4.40
30	Friday	7.45	4.42
31	Saturday	7.43	4.44

WHAT THE EYES TELL YOU.

Eyes that are upturned are said to denote devotion and sincerity.

People who have brown eyes are of strong character and great firmness of will.

The side-glancing eye is a sign of distrust.

When the eyes are wide open and set well apart the person who has them will have a rash disposition.

Blue eyes are taken as a sign of weakness—of will.

The downcast eye indicates modesty.

Eyes that are always in rapid motion point to fear, anxiety, or care.

Nobility of character is indicated when the white of the eye can be seen below the pupil.

Eyes set wide apart and deep show great intelligence and a tenacious memory.

Grey eyes, which turn green in times of excitement, point to bad temper and evil intentions.

A weak constitution is indicated by thin eye-brows and long, curving lashes.

Eyes placed very close together denote bad-temper, jealousy, and fault-finding.

The man of genius has clear, slow-moving, bright eyes. This is the eye that indicates great mental ability.

Green eyes are supposed to be full of love and sincerity, and only go along with the highest order of intelligence.

WHAT TO DO IN AN EMERGENCY.

Hiccough.—A severe attack of hiccough is troublesome and dangerous, especially for adults inclined to stoutness. To stop it quickly, close the ears with the first fingers, and swallow a small quantity of liquid, presented to you by another person.

For Strained Muscles.—Add twopennyworth of castor oil to twopennyworth of hartshorn. Shake well together. Apply a little at a time, and rub well in.

Fainting.—Lay the person at once on the floor, as flat as possible, as this tends to restore the balance of circulation by sending an increased amount of blood to the brain.

When a Person Chokes thrust the finger and thumb into the mouth and pull the obstruction away; or tickle the back of the mouth with a feather so as to produce coughing; or, give the person a sharp blow on the back.

For Scalds from boiling water, apply Mother Seigel's Ointment at once. It heals quickly, and cools the affected part. If it does not find a place in your cupboard, a handy remedy is bi-carbonate of soda, which should be moistened till soft, and freely applied. But don't fail to get Mother Seigel's Ointment for the later treatment.

To Stop the Nose Bleeding.—The simplest and the quickest remedy is to place a cold key down the back. Another—vigorous motion of the jaws, as in the act of eating food. A child can be given a wad of paper and told to chew it hard, but not to swallow it. This stops copious bleeding of the nose.

Splinters when embedded deeply in the skin can often be removed, after a hot fomentation, with a clean needle.

An Insect in the Ear should be removed by syringing with hot water. Never use a needle or a pin.

THESE CASES CLEARLY SHOW

THAT YOU CAN'T BE WELL

IF YOU SUFFER FROM INDIGESTION.

READ the letters appearing on this page, and you will see how impossible it is for any man or woman to be really well if they suffer from indigestion. Note also the fine tributes they pay to Mother Seigel's Syrup as a remedy for the speedy banishing of digestive ailments. Indigestion, as a writer of one of the letters says, can't safely be neglected—because it always tends to become worse. To prevent its inroads upon your health, the miseries that it brings in its train, you must drive it out of the system, and that can be done promptly and surely by Mother Seigel's Syrup.

Mrs. E. Smith, of 9, Hythe Bridge Street, Oxford, writes on May 26th, 1913:—

"Among the many cases you publish of the cure of indigestion by Mother Seigel's Syrup, I doubt if there is one more wonderful than that of my son, Charles Henry Copperthwaite. He used to suffer from indigestion in its acutest form—so severely, indeed, that for days at a time he would be quite unable to help himself, or to do any work.

"A boot-finisher by trade, the bent position of the body while at work was supposed to be the cause of his trouble. His principal symptoms were an unbearable pain at the chest and between the shoulders, generally after eating, though I have known him to be quite prostrate with it when he has eaten nothing at all.

"He was generally constipated and had a thickly-coated tongue, which the ordinary aperient medicines obtained from the chemists quite failed to touch.

"My son tried in many ways to obtain relief. But his complaint continued with full force until he took his first dose of Mother Seigel's Syrup.

"For a time the symptoms continued; but soon the bad spells became less intense and further apart; and after persevering with the medicine a few weeks he was cured—absolutely cured, for now more than four years have passed and there has been no sign of the return of his old trouble.

"He is now in Western Australia and writes that his health is perfect. He also tells me that should he have a relapse, which he regards as almost impossible, he can easily obtain Mother Seigel's Syrup, for it is as well known and as highly esteemed in Australia as in England."

Says Mr. Alf. Nunn, of 22, Mitchell Lane, St. Thomas's, Bristol, writing on May 23rd, 1913:—

"From my youth I suffered occasionally from a mild form of indigestion. For a time I took no step to prevent or cure it. A time came, however, when I could neglect it no longer. The pain at my chest and between my shoulders which followed every meal made me so frightened of food that for weeks I almost starved myself.

"It was my mother who persuaded me to try Seigel's Syrup. Before I had quite finished one bottle, my health improved; and by the time I had emptied five, every trace of my complaint had vanished."

Now, there is no need for you to go on suffering the tortures of indigestion, not if you will take Mother Seigel's Syrup. It so acts upon the stomach, liver and bowels, that these organs, upon the proper action of which your health depends, are able to do the work of digesting the food you eat, and expelling the waste from the body. Every dose of Mother Seigel's Syrup is a step towards good health. Why go on suffering when such a splendid remedy is ready to your hand?



FEBRUARY



MOON'S PHASES

3rd First Quarter ☾ 10 33 a m | 17th Last Quarter ☾ 9 23 a m
10th Full Moon ○ 5 35 p m | 25th New Moon ● 12.2 a m

1914.

Sunrise Sunset

1	Sunday	7.42	4.46
2	Monday	7.40	4.48
3	Tuesday	7.38	4.49
4	Wednesday	7.37	4.51
5	Thursday	7.35	4.53
6	Friday	7.34	4.55
7	Saturday	7.32	4.57
8	Sunday	7.30	4.58
9	Monday	7.28	5.0
10	Tuesday	7.27	5.2
11	Wednesday	7.25	5.4
12	Thursday	7.23	5.6
13	Friday	7.21	5.8
14	Saturday	7.19	5.9
15	Sunday	7.18	5.11
16	Monday	7.16	5.13
17	Tuesday	7.14	5.15
18	Wednesday	7.12	5.17
19	Thursday	7.10	5.19
20	Friday	7.8	5.20
21	Saturday	7.6	5.22
22	Sunday	7.4	5.24
23	Monday	7.2	5.26
24	Tuesday	7.0	5.28
25	Wednesday	6.57	5.29
26	Thursday	6.55	5.31
27	Friday	6.53	5.33
28	Saturday	6.51	5.35

HOW HAIR INDICATES CHARACTER.

The steadfast and reliable person has dark brown hair. He or she will make an excellent companion, and can always be trusted.

Sometimes dark brown hair indicates a little reserve or a cold disposition, but this is not very often the case.

There is supposed to be less intelligence along with light brown hair, but the compensation is a temperament that is tactful, sympathetic, and loving, and a good deal more perseverance.

The man or woman of independent spirit usually has black glossy hair. These people are ambitious.

Often they are quick tempered and cannot hide their feelings. As a rule they have a very good opinion of themselves, and don't lack confidence.

Fair hair is said to belong to a person who is like the weather—rather changeable. This is not always so, however, for some of the best people in the world have fair hair.

The man or the woman with fair hair is usually gentle and compassionate, and strong in affection.

Very fair hair is said to be allied to a weak will, or one who is easily led astray. Such people are, however, very tender-hearted and good-tempered.

Vitality, energy, strength of character, self-will—even obstinacy—are linked to auburn hair.

HOUSEHOLD HINTS.

Cleaning Furniture.—Furniture lasts longer and looks better when it is well cleaned. Always use a soft duster free from fluff. A soft brush will be found to be a great help for cleaning out-of-way corners and ornamental parts.

Furniture Polish.—Here is a good, cheap, and simple furniture polish. Mix linseed oil and brown vinegar in equal parts in a pint bottle, shake well and use as required.

To use the Polish.—Never use furniture polish without first dusting the furniture, otherwise the polish will smear and clog. Only a little of the polish should be applied, with a piece of flannel or soft cotton pad, and it should be rubbed well into the wood.

To drive Flies away.—Mix half a teaspoonful of black pepper, one teaspoonful of brown sugar, and one teaspoonful of cream, and spread on a plate. This is a simple and effective means of driving flies from a room.

A makeshift Corkscrew can be made out of an ordinary screw. Screw it well into the cork, tie a piece of strong string round the head, and pull.

To soften Water.—A pinch or two of borax is a good water softener.

To clean a White Straw Hat.—Squeeze the juice out of a large lemon into a basin. Add one and a half cupfuls of hot water. Then scrub the hat all over with some of the mixture until clean. Rinse the hat under the cold water tap, and place in the open air to dry. Your hat will then look like new.

The useful Potato.—A potato cut in two will brighten up the knives and forks if it is dipped in brick dust or the fine sooty ashes from under the oven.

Boots will wear longer if they are first washed over with warm water, followed by a liberal application of castor oil, which should be thoroughly rubbed into the leather.

When the Kitchen Chimney catches Fire.—Throw salt on the fire, and the flames will be quickly extinguished.

Greasy Dishes.—When washing, add a few drops of liquid ammonia to the water. The work will be more thoroughly and quickly done.

"A STITCH IN TIME."

INDIGESTION

MAY LEAD TO YEARS OF SUFFERING.

"A STITCH in time saves nine." So it does. Just one stitch. Yet thousands of us to-day are absolutely refusing to put in that stitch in time, just the one stitch that would save us from ill-health, misery, unhappiness, and sometimes even from chronic disease itself. It's not that we are ignorant, or stupid, or foolish—we are just naturally neglectful. Think it over!

You can't be on the watch too often or too closely for the arch-enemy of good health—indigestion. Like all big and important things it starts from small beginnings. Napoleon began life as an obscure army lieutenant, but before he finished he spread the flame of war over Europe.

So the starting point of indigestion is often indicated by an occasional headache, furred tongue, and languor. Neglect it long

enough, though—get into the foolish habit of thinking that it will right itself, and indigestion can and does upset the working of every vital organ in the body, so that life becomes hardly worth the living. He or she may have headaches, pains after eating, flatulence, sleeplessness, unnatural weariness, fulness at the chest, giddiness, hot flushes, loss of energy, yellowish eyes and skin, poor appetite, low spirits, and shortness of breath.



But, happily, the experience of tens of thousands of people in the last forty years, proves the wonderful worth of Mother Seigel's Syrup in treating indigestion. The herbal extracts of which the Syrup is made gently but surely clear out the poisonous products of indigestion, help the stomach to dissolve and digest what is nutritious in food, and expel the remainder through the bowels. You will be pleasantly surprised at the speedy improvement in your appetite, vigour and health, if you try even one bottle of this world-famous digestive tonic.

Mrs. Gospage, of 44, Orwell St., Bromley-by-Bow, London, writing on July 6th, 1912, says:—"Some time ago I had a very bad attack of indigestion, accompanied by splitting headaches. Even the shortest of walks brought on fits of trembling, and so weak was I with pain and suffering that life seemed hardly worth living. I am glad to say that one bottle of Mother Seigel's Syrup cured me completely."



MARCH

MOON'S PHASES:

5th First Quarter ☾ 5.3 a.m. | 18th Last Quarter ☾ 7.39 p.m.
12th Full Moon ○ 4.19 a.m. | 26th New Moon ● 6.9 p.m.

1914.

Sunrise Sunset

1	Sunday	6.49	5.37
2	Monday	6.47	5.39
3	Tuesday	6.44	5.40
4	Wednesday	6.42	5.42
5	Thursday	6.40	5.44
6	Friday	6.38	5.45
7	Saturday	6.36	5.47
8	Sunday	6.33	5.49
9	Monday	6.31	5.51
10	Tuesday	6.29	5.52
11	Wednesday	6.27	5.54
12	Thursday	6.24	5.56
13	Friday	6.22	5.58
14	Saturday	6.20	5.59
15	Sunday	6.18	6.1
16	Monday	6.16	6.3
17	Tuesday	6.13	6.4
18	Wednesday	6.11	6.6
19	Thursday	6.9	6.8
20	Friday	6.6	6.9
21	Saturday	6.4	6.11
22	Sunday	6.2	6.13
23	Monday	5.59	6.14
24	Tuesday	5.57	6.16
25	Wednesday	5.55	6.18
26	Thursday	5.53	6.20
27	Friday	5.50	6.21
28	Saturday	5.48	6.23
29	Sunday	5.46	6.24
30	Monday	5.44	6.26
31	Tuesday	5.41	6.28

CHARACTER FROM THE FINGER NAILS.

There is a good deal of character in the finger nails, as any palmist will tell you.

When the nails are of a purplish hue it is a sign of heart trouble.

The very red nail indicates a person with a hasty temper, one who is apt to flare up upon the slightest provocation.

Such a person is also very impulsive, very much given to doing things on the spur of the moment, and repenting of them afterwards.

The short, broad nail denotes an extravagant disposition, but usually the ability to earn plenty of money.

If the nails are long, tapering, and white, the person who has them is sometimes inclined to be quarrelsome and at times selfish.

Stubbornness, sulkiness, and also great determination are said to go with very small nails lying close to the flesh and flattish on top.

If the third finger nail is raised up in the form of a ridge, and is tender to the touch, it is a sign of good breeding and also of highly-strung nerves.

Ridges on all the nails of the fingers, together with numerous white spots, indicate sadness and an unhealthy state of the system.

HOW TO MAKE A WILL.

People who possess property of any kind should always make a will. This is most important. It saves a great deal of trouble afterwards, it insures that your property is distributed according to your own desires, it prevents unseemly bickering and quarrelling, and it saves money for your own folks by preventing litigation.

First of all you must understand that a will cannot be made by a person under twenty-one years of age. The person making a will is called the testator, and if his will is to be good in law he must be in a sound state of mind, must not be a felon, nor an outlaw.

A married woman, called a testatrix, can make a will disposing of all property that is legally her own.

The marriage of a testator or testatrix revokes all previous wills, and a new one should be made, either on the day of the wedding, or soon afterwards.

A person making a will should get two friends to act as executors.

Here is a model of a simple form of will:-

"This is the last will and testament of John ———, of No. ———, King's Road, London. I hereby give, devise, and bequeath to my wife, Mary ———, her heirs, executors, and administrators, for her and their own use and benefit, absolutely and for ever, all my estate and effects, both real and personal, whatsoever and wheresoever, and of what nature and quality soever; and I hereby appoint her, the said Mary ———, sole executrix of this my will. In witness whereof I have hereunto set my hand this ——— day of one thousand nine hundred and fourteen."

The will must be signed by the person making the will, in the presence of two witnesses who must also sign, and you will, of course, fill in your own name and address where the model reads "John ———, etc."

Neglected Constipation is Dangerous.

YOUR DOCTOR WILL TELL YOU SO.

YES, he will most certainly tell you so. Doctors may differ on some things, but they don't differ as to the danger of constipation. How could they? For constipation is one of the commonest of all complaints. Few people escape its harmful effects at one time or another. It is so easy to neglect it—it is so difficult to get people to realise that constipation is often the first cause of other and worse complaints. But so it is.

Many a woman who suffers from daily headaches, languor, and dizziness, overlooks the fact that the cause may be and probably is constipation.

Thousands more who suffer from bad breath, sleeplessness, sallow and blotched skins, are all the time quite unconscious that constipation is the cause of the trouble.

Men of all ages at times feel unfit for work, out-of-sorts, irritable, and depressed—and they too fail to recognise that constipation is also gradually, but surely poisoning their blood, endangering their health—making them less able to hold their own in this age of keen competition.

You can, of course, obtain speedy, but temporary relief from constipation by taking some drastic purgative, but that does not end the trouble. To really cure constipation—to cure it permanently, you must tone up and strengthen the organs whose function it is to digest the food you eat—to extract from it the nourishment it contains—and to expel the waste through the bowels.

Unless your stomach, liver and bowels are in good condition and able to do the work Nature designed them to do, you are bound to have bowel trouble, either constipation or the reverse.

Now, though Mother Seigel's Syrup is not a strong purgative, it has a wonderful record of success in banishing constipation, and this is due to its beneficial action, not only upon the bowels, but also upon the stomach and liver.

Mr. A. G. Collins, of 4, Manor Place, Bedford Road, Feltham, Middlesex, writes on July 20th, 1912:—"Some years ago I was helpless with indigestion. I believe my illness was caused by constipation. For some time I dreaded to eat because of the agonising pains that followed. I felt very weak, and had aching pains in the chest and back. When I began with a course of Mother Seigel's Syrup I grew better very rapidly. I only took three bottles, and became so well, and enjoyed such good health that I did not need to finish the third bottle."

Mr. F. W. Tuffield, of 98, Inville Road, Walworth, London, S.E., writes on July 31st, 1912:—"For several months I was a sufferer from constipation and indigestion. I used to have a bitter taste in my mouth and throbbing headaches, and scarcely dared to eat because of pains after every meal. I tried various remedies, as well as fasting, but I got no relief until I took Mother Seigel's Syrup. Then I experienced a most pleasant and rapid cure. At the present time my digestion is sound, and I am quite well."



MOON'S PHASES.

3rd. First Quarter 7.42 p.m. 17th. Last Quarter 7.52 a.m.
10th. Full Moon 1.28 p.m. 25th. New Moon 11.22 a.m.

1914.

Sunrise Sunset

1	Wednesday	5.39	6.30
2	Thursday	5.37	6.32
3	Friday	5.34	6.33
4	Saturday	5.32	6.35
5	Sunday	5.30	6.37
6	Monday	5.28	6.38
7	Tuesday	5.25	6.39
8	Wednesday	5.23	6.41
9	Thursday	5.21	6.43
10	Friday	5.19	6.44
11	Saturday	5.17	6.46
12	Sunday	5.15	6.48
13	Monday	5.12	6.49
14	Tuesday	5.10	6.51
15	Wednesday	5.8	6.53
16	Thursday	5.6	6.54
17	Friday	5.4	6.56
18	Saturday	5.2	6.58
19	Sunday	4.59	6.59
20	Monday	4.57	7.1
21	Tuesday	4.55	7.3
22	Wednesday	4.53	7.4
23	Thursday	4.51	7.6
24	Friday	4.49	7.8
25	Saturday	4.47	7.9
26	Sunday	4.45	7.11
27	Monday	4.43	7.13
28	Tuesday	4.41	7.14
29	Wednesday	4.39	7.16
30	Thursday	4.37	7.17

FORTUNE TELLING BY TEA LEAVES.

Fortune telling by tea leaves or grounds, can be made a very interesting and amusing pastime. Some imagination is required on the part of the fortune-teller, for it must not be supposed that the tea leaves always take the definite shape of the object they are supposed to indicate.

Three small dots in a row near the top of the cup stand for a wish which will soon be realised.

When the grounds are all bunched together in the cup you might expect good fortune. If all are scattered, then the effect will be the reverse.

If a small speck is seen near the top of the cup, a letter is coming, or if a large speck, a letter which will contain a photograph.

Should the leaves take the shape of sticks, these stand for people. If the sticks are crossed, look for enemies—if straight up, you will make good friends.

Sticks with a little gathering of grounds, mean bad news, and a long line of grounds, if unbroken, foretell a journey which you must make by water.

A large ring of grounds indicates an offer of marriage to an unmarried woman. If married, coming good fortune.

A triangle means good luck, and the same meaning attaches to an anchor, or a horse-shoe.

If grounds look like a hand, with the fingers spread, take it as a warning—if closed, an offer of friendship or of marriage.

COOKING WEIGHTS AND MEASURES.

The housewife cannot always put her hand on weights and measures when she is doing plain cooking. That's the reason why many a savoury dish could not be made on a particular day, and as always happens, just at a time when a thoughtful woman wants to give husband and family something in the nature of a treat.

Now, there are a number of ways of doing without weights and measures. You can be quite independent of these troublesome and somewhat expensive things. All you have to do is to consult the following table whenever you are in doubt or your memory fails you:—

1 quart of flour is one pound.

1 quart of granulated sugar is one pound, nine ounces.

1 quart of powdered sugar is one pound, seven ounces.

1 pint of butter is one pound.

10 eggs, medium size, weigh one pound.

A piece of butter the size of an egg is two ounces in weight.

1 ordinary teacupful of butter is a $\frac{1}{2}$ pound.

3 teacups of sugar make one pound.

1 tumbler full makes $\frac{1}{2}$ pint.

7 nutmegs make one ounce.

2 cups of granulated sugar make one pound.

2 cups of lard make one pound.

2 cups of stale bread crumbs make one pound.

2 tablespoons of butter make one ounce.

4 tablespoons of flour make one ounce.

6 tablespoons baking powder make $\frac{1}{2}$ ounce.

3 teaspoons full make 1 tablespoonful.

Constipation Can Be Banished

BY MOTHER SEIGEL'S SYRUP.

THESE LETTERS PROVE IT.

THERE'S not the slightest doubt about this fact—that Mother Seigel's Syrup does remove constipation. It has a gentle, a painless action upon the bowels, if taken in occasional doses. And remember, once having removed the constipation, Mother Seigel's Syrup saves you from other and worse dangers, for anybody who knows anything of medical science at all will tell you that if there is not regular action of the bowels you are sure to become an easy prey to disease. Therefore, you will be wise to be warned in time, and to profit by the example of the people who write the letters appearing on this page.

"Mrs. Amy Payne, of Frinstead, near Faversham, Kent, writing on May 5th, 1913, says:—"Constipation, so severe that sometimes it was unrelieved for a week, has been the most serious illness in my life. I had pains at my back and between my shoulders: my tongue was badly furred, and I became so weak that every now and again I felt as though I should faint.

"When I had taken three doses of Mother Seigel's Syrup my condition had improved. It took ten small bottles of the Syrup to cure me—but the cure has been thorough and lasting, for I am now better in health than ever I was before."

Mrs. A. Evetts, of Green End, Long Itchington, Southam, Warcs., in a letter dated 28th May, 1913, says:—"It is now rather more than four years since I began to be troubled with indigestion. At first it came on very gradually, and in the course of a few weeks the pains at my chest and back within an hour of eating were something terrible. I suffered a great deal from constipation and headache.

"Finding myself unable to work, I tried several medicines with no good result. I continued to grow worse until my brother recommended me to try Mother Seigel's Syrup. I took his advice, and am very thankful I did so. I was greatly relieved before I had quite taken one small bottle, and in less than four weeks I was cured. I regard mine as a bad case, and my cure by Mother Seigel's Syrup as little short of a miracle. For years now I have not had pains after eating, constipation, or headache."

Mrs. Elizabeth Powell, of 4, Hope St., Wargrave Road, Earlstown, St. Helens, wrote to us on June 3rd, 1913, as follows:—

"For a long time I suffered from chronic constipation. My vision became blurred and everything I looked at seemed yellow. Ordinary medicines having failed to relieve me, on the advice of a friend, I sent for a bottle of Mother Seigel's Syrup. I took a small dose of it with warm water after each meal, and at the end of three days was much better. Continuing the treatment for a few weeks, my cure was complete."

Mother Seigel's Syrup is made from the curative extracts of roots, barks, and leaves, and these together act quietly upon the bowels, and at the same time tone up the liver and the stomach.

Don't resort to violent and unknown purgatives for constipation. It is a most foolish thing to do. Take Mother Seigel's Syrup in daily doses, and the bowels will soon recover their healthy tone.

In obstinate cases Mother Seigel's Pills may be used with advantage in conjunction with the Syrup until regular action is established.



1914.		Sunrise Sunset	
1	Friday	4.35	7.19
2	Saturday	4.33	7.21
3	Sunday	4.32	7.23
4	Monday	4.30	7.24
5	Tuesday	4.28	7.25
6	Wednesday	4.26	7.27
7	Thursday	4.24	7.29
8	Friday	4.23	7.31
9	Saturday	4.21	7.32
10	Sunday	4.20	7.34
11	Monday	4.18	7.35
12	Tuesday	4.16	7.36
13	Wednesday	4.14	7.38
14	Thursday	4.13	7.40
15	Friday	4.11	7.41
16	Saturday	4.10	7.43
17	Sunday	4.8	7.44
18	Monday	4.7	7.45
19	Tuesday	4.6	7.47
20	Wednesday	4.4	7.48
21	Thursday	4.3	7.50
22	Friday	4.2	7.51
23	Saturday	4.0	7.52
24	Sunday	3.59	7.54
25	Monday	3.58	7.55
26	Tuesday	3.57	7.56
27	Wednesday	3.56	7.58
28	Thursday	3.55	7.59
29	Friday	3.54	8.0
30	Saturday	3.53	8.1
31	Sunday	3.52	8.3

THE LANGUAGE of the POSTAGE STAMP.

Just as there is a language of flowers and precious stones, so there is a language of stamps, and very interesting and amusing it is too.

Suppose you place a postage stamp on an envelope upside down, top left-hand corner, then this means that you love the person to whom you are writing. Do be careful!

A stamp placed crosswise on top left-hand corner says, "My heart belongs to another."

Placed right side up, and on the same corner, it also says, "Bye-by, dearest." Listen to the laughter of the postman.

A stamp at the left-hand bottom corner means "Write soon."

If placed in a line with a surname on the left-hand side, the meaning is, "Accept my love." Yours, of course, not the postman's.

If placed upside down in the right-hand corner, the silent message is "My heart is another's, you must write no more."

Placing a stamp on the right-hand, crosswise, asks the question, "Do you love me, dearest?" Don't expect the postman to wait for an answer.

If on the right side of the surname, right side up, the useful stamp says, "I long to see you, darling."

At the bottom right-hand corner of the envelope, a stamp placed crosswise signifies "No," in answer to a question.

If in the same place, and right side up, the answer is "Yes."

THE REGISTRATION OF BIRTHS, MARRIAGES, & DEATHS.

BIRTHS.

Whenever a child is born, to comply with the law the father or the mother must give the local registrar of births information of the birth within forty-two days. The register must also be signed.

If the father or the mother do not give this information, it is the duty of each person present at the birth, or any person having charge of the child, to do so.

When births are not registered within three months, lengthy legal formalities have to be gone through, and fairly heavy fees have to be paid. It is therefore to the benefit of the parents to inform the registrar within the period named.

DEATHS.

All deaths have to be notified to the registrar by the nearest relatives within five days. If there are no relatives, or if they are abroad, then the duty is placed on the shoulders of the inmates of the house, if any, or upon the person causing the body to be buried.

If a doctor has been in attendance it is also his duty to give a certificate to the registrar stating what, in his opinion, was the cause of death.

MARRIAGES.

In the case of marriage by banns, if the parties are living in two parishes, the banns must be published in each parish for three Sundays. If the wedding does not take place within three months of the publication of the banns, then the banns become useless. Marriages can take place before a Registrar, or in any place of worship registered for marriages, or by common licence or special licence.

In Scotland the banns may be published on one or two Sundays. Notice of marriage can also be given to the registrar of a district, or an "irregular" marriage may be contracted by a declaration before witnesses that the man and the woman wish to become husband and wife. This class of marriage must be registered within three months.

EATING IS A PLEASURE

TO THE HEALTHY, BUT A TORTURE

TO THE DYSPEPTIC.

EATING should be a pleasure—a real pleasure. Whatsoever Nature makes necessary, she makes agreeable—that's her way of making sure that we do the necessary thing.

After a long tramp over the moors, perchance, breathing pure, strong, invigorating air, have you never experienced the pleasure of eating even the most plain and homely fare? At such times, when good digestion waits on appetite, a simple meal of bread and cheese is a veritable banquet.

Contrast such a condition with that of a miserable, badly-nourished dyspeptic. Does he welcome the plain, homely fare? Does he wonder what there will be for dinner? Does he hurry home, driven there by a keen and healthy appetite? He does not—most certainly not.

The unfortunate dyspeptic is afraid to eat because of the agonising pains that follow a meal, however plain and wholesome it may be. More than that, he has'nt got a healthy appetite. If he forces himself to eat he suffers, if he does not eat, he becomes gradually weaker and weaker, so that between the two things—suffering and loss of strength—his condition is indeed pitiable.

Some little time ago, a man wrote to us, "I used to think I would give pounds for a good appetite and a sound stomach, but now I have both through taking three shilling bottles of Mother Seigel's Syrup." There's the solution of the dyspeptic's puzzle in a nutshell. He need not spend pounds in recovering his lost appetite and sound digestion. Let him take Mother Seigel's Syrup for a time, and he will soon be one of the many thousands who know from personal experience that there is nothing better than this world-famous herbal remedy for restoring tone and activity to the stomach, the liver, and the bowels. Good health and a good appetite depend upon the proper working of those organs. There is no gainsaying that!



Says Mrs. M. Sharland, of 149, Victoria Road, Aldershot, writing on November 21st, 1912 :—"Permit me to thank you for the great benefit I have derived from the use of Mother Seigel's Syrup. I used to suffer very much from indigestion. I had torturing pains after meals, an oppressive feeling at the chest, and headaches. But when I began to take Mother Seigel's Syrup after each meal, in a few weeks I was quite cured. I have very vivid recollections of the horrors of indigestion, however, and I still take the Syrup from time to time."



JUNE



MOON'S PHASES

1st. First Quarter 2 23 p.m. 15th. Last Quarter 6 2 20 p.m.
8th Full Moon 5 18 a.m. 23rd. New Moon 3 33 p.m.
30th First Quarter 7 25 p.m.

1914.

Sunrise Sunset

1	Monday	3.51	8.4
2	Tuesday	3.50	8.5
3	Wednesday	3.50	8.6
4	Thursday	3.49	8.7
5	Friday	3.48	8.8
6	Saturday	3.48	8.9
7	Sunday	3.47	8.10
8	Monday	3.47	8.11
9	Tuesday	3.46	8.12
10	Wednesday	3.46	8.13
11	Thursday	3.45	8.13
12	Friday	3.45	8.14
13	Saturday	3.45	8.14
14	Sunday	3.45	8.15
15	Monday	3.45	8.16
16	Tuesday	3.44	8.16
17	Wednesday	3.44	8.17
18	Thursday	3.44	8.17
19	Friday	3.44	8.17
20	Saturday	3.45	8.18
21	Sunday	3.45	8.18
22	Monday	3.45	8.18
23	Tuesday	3.45	8.18
24	Wednesday	3.45	8.18
25	Thursday	3.46	8.19
26	Friday	3.46	8.19
27	Saturday	3.47	8.19
28	Sunday	3.47	8.18
29	Monday	3.48	8.18
30	Tuesday	3.48	8.18

WEDDING ANNIVERSARIES.

You know, of course, that "a silver wedding" is the twenty-fifth anniversary; "a golden wedding" the fiftieth, and "a diamond wedding" the seventy-fifth.

Suppose you decided to celebrate your "cotton wedding," and to ask your friends to join you. That would be when you had been married just one year.

If you called it your "paper wedding," it is the second anniversary, or if "leather wedding," the third anniversary.

The "wooden wedding" is the fifth anniversary.

Some years ago an old gentleman who likes his joke, said it would be a good thing if he and his wife could have a silver wedding every year, because they had received so many presents.

But he could have had a "woollen wedding" on the seventh anniversary, a "tin wedding" on the tenth; a "silk wedding" on the twelfth; a "crystal wedding" on the fifteenth; a "china wedding" on the twentieth anniversary, and if all his friends had proved to be just as generous every time, there would have been presents enough to satisfy anybody.

There is just one more anniversary; the fortieth, which is called the "ruby wedding." And if a man and his wife have together enjoyed peace and happiness for forty years, surely their life is worth more than all the rubies in the world.

THINGS EVERY MOTHER SHOULD KNOW.

When a Child is Burnt.—Do not apply water, or you will drive the little one mad with pain. Apply **Mother Selgel's Ointment**, and cover the part affected with cotton wadding or clean linen to keep it from the air.

Severe Cuts.—A clean cut heals better when the wound is not washed. But if there is dirt, or particles of grit in the cut, it should be washed in warm water. Then apply a little **Kno-Ska (No Scar)**, which heals quickly. Always have it handy in your cupboard.

Borax.—A little borax added to the water in which the child is washed has a beneficial effect upon the skin.

Sleep.—Until children reach the age of twelve years they should have at least ten hours' sleep out of twenty-four.

A Child's Cold.—If your child catches cold it is a good plan to rub the chest well with sweet oil night and morning. Warm the

hand, apply about half a teaspoonful, and rub gently for five minutes.

Bruises and Bumps.—Apply a little fresh butter or olive oil to the injured part, and renew it every quarter of an hour for two or three hours.

For Toothache.—Try a few drops of oil of cloves on a wad of cottonwool and place on the aching tooth. Sometimes a hot fomentation will give quick relief.

Baby's Ears.—If baby's ears grow outwards let him wear at night a small open-work bonnet. This will keep the ears flat. But don't let the bonnet be tight.

Some Don't's.—Don't let the bringing up of a child be all a mother's care. A father should take his share.

Don't frighten naughty children by threatening to tell father. Make them respect him—not fear him.

Don't preach at a child. Make him feel that he must obey you without showing his temper.

THE LIVER

A Good Friend—But a Bad Enemy.

"IS life worth living?" asked a man of his friend one day. Prompt came the answer, "It depends on the liver," and a very excellent answer too. It does indeed depend upon the liver. Many a man and woman knows that by painful experience. So it comes about that we excuse a man almost anything if he is "liverish," for the liver distils bad temper, wretchedness and misery as surely as the sun dispels the morning mist. Liverishness doesn't give a man or a woman a chance in life—it is a life-spoiler, a joy-killer.

Liverishness leads straight to headaches, sickness, to torturing bouts of biliousness, to irritability, blurred vision, bad skin, dull and drowsy eyes, and chronic weariness.

This is no mere exaggeration. It is the naked truth. If you don't know it from personal experience, be thankful.

Doesn't liverishness often make men and women feel that life is hardly worth living, and doesn't it prostrate women for days at a time with bilious attacks and sick headaches? Yes, the liver is a good friend, but a bad enemy.

To get and keep on good terms with your liver, you should have resort to the most popular remedy for liver troubles—Mother Seigel's Syrup, at the very first symptom of liver disorder. For over 40 years it has been successfully used by tens of thousands for banishing and preventing the many distressing symptoms of liverishness.

Whenever and wherever Mother Seigel's Syrup is used to regulate the action of the liver it almost invariably gives prompt relief. In this way it has brought brightness and better health into the lives of men and women all the world over.

The herbal extracts of which Mother Seigel's Syrup is composed not only help the liver, but also the stomach and bowels. Get these organs into a state of healthy activity, and—failing organic disease—you are bound to be well and strong.



Mr. T. Walker, of 103, Geoffrey Street, Preston, Lancs., writing on December 6th, 1912, says:—"It gives me great pleasure to speak of the wonderful cure Mother Seigel's Syrup has effected in my case. I was a martyr to indigestion. I had dreadful pains across the chest, sleeplessness followed by biliousness on rising in a morning; the vomit usually consisting of a hot and bitter fluid. But I am thankful to say that no more than three small bottles of Mother Seigel's Syrup cured me entirely. I think Mother Seigel's Syrup is a wonderful all-round health giver and preserver."



JULY

MOON'S PHASES.

7th, Full Moon ○ 2 p.m. 23rd New Moon ● 2.38 a.m.
15th, Last Quarter ☾ 7.32 a.m. 29th First Quarter ☾ 11.51 p.m.

1914.		Sunrise	Sunset
1	Wednesday	3.49	8.18
2	Thursday	3.49	8.18
3	Friday	3.50	8.17
4	Saturday	3.51	8.17
5	Sunday	3.52	8.17
6	Monday	3.53	8.16
7	Tuesday	3.54	8.16
8	Wednesday	3.54	8.15
9	Thursday	3.55	8.14
10	Friday	3.56	8.14
11	Saturday	3.57	8.13
12	Sunday	3.58	8.12
13	Monday	3.59	8.11
14	Tuesday	4.1	8.11
15	Wednesday	4.2	8.10
16	Thursday	4.3	8.9
17	Friday	4.4	8.8
18	Saturday	4.5	8.7
19	Sunday	4.7	8.6
20	Monday	4.8	8.4
21	Tuesday	4.9	8.3
22	Wednesday	4.10	8.2
23	Thursday	4.12	8.1
24	Friday	4.13	8.0
25	Saturday	4.14	7.58
26	Sunday	4.16	7.57
27	Monday	4.17	7.55
28	Tuesday	4.19	7.54
29	Wednesday	4.20	7.52
30	Thursday	4.22	7.51
31	Friday	4.23	7.49

IN WHAT MONTH WERE YOU MARRIED ?

In the old days they used to say that the time of the year has a great deal to do with the luck of the bride and the bridegroom.

There used to be a saying for every month of the year, and some married folks believed in them, too. Here they are:—

A January bride will be a prudent housekeeper.

A February bride will be a tender mother, and a kind, affectionate wife.

A March bride will be quarrelsome and generous.

April's bride won't be intelligent, but very good-looking.

A May bride is a handsome, happy bride.

The bride of June will be generous and impetuous.

She who marries in July will have a dower of beauty, and at times be rather quick-tempered.

August gives to its brides an amiable spirit and a practical outlook on life.

September's brides are popular, affable, and shrewd.

October's brides are often jealous, pretty, charming and loving.

The bride of November will be kind, liberal, but a trifle changeable.

And in dear, Christmassy December, the brides will be fond of novelty and entertainment.

So all good ladies please note, whatever the month in which you married, there is something good to be said for all of you.

ARMIES AND NAVIES OF THE WORLD.

Every year sees increases in the size and the cost of the armies and navies of the world. So that readers of this book may have the figures for themselves we give the following tables. As regards the armies, the figures represent the war strength and the annual expenditure.

ARMIES.

	MEN.	COST.		MEN.	COST.
Great Britain ...	812,000	£28,000,000	France ...	4,000,000	£36,000,000
Germany ...	5,000,000	£46,600,000	Austria-Hungary	2,500,000	£18,700,000
Russia ...	4,500,000	£56,000,000	Italy ...	2,000,000	£15,000,000

THE WORLD'S GREAT NAVIES.

The following table only includes such ships as were in the possession of the nations a few months ago, the various vessels that make up the navies, the number of men, and the cost to the people who own them.

	BRITAIN.	GERMANY.	FRANCE.	UNITED STATES.	AUSTRIA.	ITALY	JAPAN.
Battleships ...	66	37	33	38	17	19	17
Cruisers ...	85	40	18	17	7	12	21
Destroyers ...	148	108	81	39	18	26	47
Torpedo Boats ...	36	0	103	0	48	58	19
Submarines ...	71	36	89	39	12	20	15
Cost: Million £ ...	45	22	18	26	6	9	9
Men (peace strength) ...	137,500	66,000	60,000	64,000	17,000	35,000	49,000
Men (Reserve) ...	58,000	75,000	65,000	5,000	15,000	34,000	70,000

*Britain 26 Dreadnoughts. Germany 17 Dreadnoughts.

CAN YOU DOUBT IT?

MOTHER SEIGEL'S SYRUP IS A SPLENDID REMEDY FOR BILIOUSNESS AND LIVER TROUBLES.

READ THESE LETTERS AND BE CONVINCED.

WE received the following letter from Mr. F. H. Nicholson, of 14, Selborne Street, Flewitt Street, Nottingham, on June 10th, 1913. It will be of great interest and value to you if you suffer from liver troubles, for Mr. Nicholson tells you, plainly enough, that he obtained no relief until he tried Mother Seigel's Syrup, and its effect upon him, to use his own words, was "simply wonderful." So that you may not think Mr. Nicholson's is an isolated case, we also give two other letters in which there is further eloquent testimony to the worth of Mother Seigel's Syrup as a means of removing liverishness and biliousness.

Mr. Nicholson writes:—"I am writing to thank you for the wonderful benefit I have derived from your famous Mother Seigel's Syrup. For nearly four years I suffered all the horrors of sluggish liver and acute indigestion. My tongue used to be thickly furred and the yellowness of my complexion was an unmistakeable sign of the chronic biliousness with which I was afflicted.

"The numerous medicines I tried—and I am sure I tried all that I ever heard of as being good for complaints such as mine—gave me no relief at all. By reading in one of your pamphlets of cases very like my own which have been cured by Mother Seigel's Syrup, I was led to buy a bottle of it; and its effect upon me was, as I have said, simply wonderful.

"My tongue assumed a healthful appearance, my complexion cleared, and gradually, as I proceeded to take the contents of three or four more bottles, the sickness, loathing of food, chest pain after eating, and all the wretched discomfort of dyspepsia left me.

"I now enjoy good health; but my recollection of the time when I did not, leads me to always keep a bottle of Mother Seigel's Syrup at hand. I would not be without it on any account."

Mrs. A. Pacey, of 43, Baker Street, Doncaster, writes on June 9th, 1913:—"Attacks of biliousness, indigestion, and headache, were responsible for the breakdown of my health. Frequently the most ordinary domestic duties were troublesome to me, so great was my lassitude. One had only to look at me to know that I was a victim of sluggish liver.

"It was a little book which I happened to read that induced me to try Mother Seigel's Syrup. Mine was a bad case, but six small bottles of the Syrup cured me. I am constantly recommending Mother Seigel's Syrup as a rapid and sure cure for digestive troubles."

Here is Miss Rebecca Turner's striking tribute to Mother Seigel's Syrup, written on the 9th of June, 1913:—

"I was weary and disinclined for work. Tasks of which I used to think nothing were too troublesome for me. Every few days I would have a splitting headache, would vomit, and lose my appetite entirely. The cause of all this was sluggish liver and biliousness.

"A few bottles of Mother Seigel's Syrup quickly cured me and assured my subsequent good health. Mother Seigel's Syrup has been our family medicine for twenty years. There are three generations in this house, and not one of us but has at some time taken Seigel's Syrup, in every case with much advantage." 7, Fielden Street, Accrington Road, Burnley.



AUGUST

MOON'S PHASES

6th Full Moon ○ 12 41 a.m. | 21st New Moon ● 12 27 p.m.
14th Last Quarter ☾ 12 56 a.m. | 28th First Quarter ☾ 4 53 a.m.

1914.

Sunrise Sunset

1	Saturday	4.25	7.48
2	Sunday	4.26	7.46
3	Monday	4.28	7.45
4	Tuesday	4.29	7.43
5	Wednesday	4.31	7.41
6	Thursday	4.32	7.39
7	Friday	4.34	7.38
8	Saturday	4.35	7.36
9	Sunday	4.37	7.34
10	Monday	4.38	7.32
11	Tuesday	4.40	7.30
12	Wednesday	4.41	7.28
13	Thursday	4.43	7.27
14	Friday	4.45	7.25
15	Saturday	4.46	7.23
16	Sunday	4.48	7.21
17	Monday	4.49	7.19
18	Tuesday	4.51	7.17
19	Wednesday	4.52	7.15
20	Thursday	4.54	7.13
21	Friday	4.56	7.11
22	Saturday	4.57	7.9
23	Sunday	4.59	7.7
24	Monday	5.0	7.5
25	Tuesday	5.2	7.3
26	Wednesday	5.3	7.0
27	Thursday	5.5	6.58
28	Friday	5.7	6.56
29	Saturday	5.8	6.54
30	Sunday	5.10	6.52
31	Monday	5.11	6.49

MASCOTS AND THEIR MEANING.

"Why do people wear mascots and what is their meaning"? That's a question one often hears nowadays when the mascot, or charm, as it used to be called, is so popular.

Well, the word "mascot" is French for a little sorcerer or magician—anything that brings good luck or charms misfortune away.

The belief in mascots is very wide-spread. Men who fly in aeroplanes wear them, motorists fix them to the front of their cars, tens of thousands are worn as articles of jewellery, and it is even said that all the crowned heads of Europe wear one or more mascots.

You can choose your own mascot from amongst many and start to believe in it right away. It may be a model of a mummy in a case, the Buddhist prayer-wheel, the New Zealand greenstone, the Lincoln imp, the Mikko monkey, the lucky bean, the gold horseshoe, pretty models of clogs, four-leaved clover, snakes, spiders, beetles, pigs, and so on. All these can be bought at the jewellers.

Or you may make your own special mascot, such as some small article you had in your possession when fortune smiled upon you, say, a pebble, a crooked sixpence, an old and battered penny, a lion shilling, or a foreign coin.

Whatever mascot you choose, may it bring you good luck! That's what we all desire most, and what most of us are after.

BRITAIN'S FOOD SUPPLY.

Where It Comes From—And What It Costs.

There are over forty-five millions of people in the United Kingdom. To feed this vast family food is imported from all parts of the world, and it costs us every year about £150,000,000. As soon as you realise that so much of our food comes from over the seas you can see how important it is that we should have a navy big enough to protect our ships in time of war.

WHAT IT COSTS.

Let us see how the imports are made up. The following little table, compiled by the Government authorities, explains matters very clearly.

	cwts.	£
Wheat and Flour	112,047,000	44,187,000
Potatoes	3,253,000	1,302,000
Meat	22,375,000	47,970,000
Butter and Margarine	5,247,000	27,062,000
Cheese	2,348,000	7,140,000
Eggs	—	7,968,000
Fruit, Nuts, and Vegetables	—	14,006,000

WHERE IT COMES FROM.

From our own Colonies we get 48 per cent. of our wheat, and the remainder comes from foreign countries. The Colonies alone send us one quarter of all the meat we import, and one quarter of the butter and margarine. But when it comes to cheese we get 80 per cent. from our own Dominions over-seas, but foreign countries send us three times as many vegetables and eggs.

The Different Kinds of Headaches.

"I'VE got a shocking headache to-day." How many times do you hear that remark in the course of a week? And doesn't it make you wonder why headaches are so common, and why so many people, even those who appear to be strong and well, suffer from them?

Mind you, headaches don't arise of themselves. There's a reason for every one of them, and the reason may be so simple that you have never even thought of it.

Headaches are due to various causes, as any doctor will tell you. Eye-strain, fevers, brain trouble, and neurasthenia, all bring on headaches. But these are not the most common causes of headaches. For instance:—

Constipation can and does cause headaches—Liver troubles cause headaches—Indigestion causes headaches. It follows, therefore, that where there is some disorder of the stomach, liver, and bowels, headaches will be one of the first, if not the most distressing symptom.

It is so, without a doubt, and for the same good reason we are well within the truth in saying that indigestion, liver trouble, and constipation are responsible for more headaches than any other known complaint. Now you can see the necessity for inducing healthy action of the stomach, liver, and bowels, if you would be free from headaches. Now you can also see why Mother Seigel's Syrup is such a splendid remedy for headaches, because it is good for the liver, good for the bowels, and good for the stomach.

There are tens of thousands of healthy people to-day, who, if you could consult them, would most certainly say to you, "Yes, Mother Seigel's Syrup did drive away my headaches, and made me fit and well." It is the combination of roots, barks and leaves in Mother Seigel's Syrup that accounts for its wonderful success in restoring tone and strength to weak stomachs, sluggish livers, and inactive bowels.

Here is a case in point. Miss Taylor, of 65, Bath Street, Gravesend, writing on July 22nd, 1912, says:—
"I took Mother Seigel's Syrup for an obstinate attack of indigestion. I was fearfully run down in health, and suffered from headaches, biliousness, giddiness, and weariness. This went on for some years, but when I took Mother Seigel's Syrup on the advice of friends, it quickly gave me back my health."





SEPTEMBER



MOON'S PHASES

4th Full Moon O 2.1 p.m. 19th New Moon' 9.33 p.m.
12th Last Quarter C 5.48 p.m. 26th First Quarter 12.3 p.m.

1914.

Sunrise Sunset

1	Tuesday	5.13	6.47
2	Wednesday	5.15	6.45
3	Thursday	5.16	6.43
4	Friday	5.18	6.41
5	Saturday	5.19	6.38
6	Sunday	5.21	6.36
7	Monday	5.23	6.34
8	Tuesday	5.24	6.31
9	Wednesday	5.26	6.29
10	Thursday	5.27	6.27
11	Friday	5.29	6.25
12	Saturday	5.30	6.22
13	Sunday	5.32	6.20
14	Monday	5.34	6.18
15	Tuesday	5.35	6.15
16	Wednesday	5.37	6.13
17	Thursday	5.39	6.11
18	Friday	5.40	6.9
19	Saturday	5.42	6.6
20	Sunday	5.44	6.4
21	Monday	5.45	6.1
22	Tuesday	5.47	5.59
23	Wednesday	5.48	5.57
24	Thursday	5.50	5.55
25	Friday	5.51	5.52
26	Saturday	5.53	5.50
27	Sunday	5.55	5.48
28	Monday	5.56	5.45
29	Tuesday	5.58	5.43
30	Wednesday	5.59	5.41

FUNNY RIDDLES AND CONUNDRUMS.

1. When does a chair dislike you?
2. Why was Adam's first day the longest?
3. When is a bonnet not a bonnet?
4. When is a schoolboy like a postage stamp?
5. What lock can't a burglar pick?
6. How can a leopard change his spots?
7. Why can't you drown a teetotaler?
8. When is a tall man short?
9. What is the most dangerous time of the year?
10. How can water be kept out of the house?
11. Why is life the greatest riddle?
12. When does a woman knit without needles?
13. When is a tradesman above his business?
14. Why do the waves gamble?
15. What bridge can't a man cross?
16. Why is the letter T like an island?
17. When are eggs fresh at sea?
18. Why is a wedding ring like eternity?
19. What tree is older than the oak?
20. Where will the Prince of Wales go at 21?
21. What man has the biggest appetite?
22. When is a tree as comfortable as a bed?
23. Where can we always find happiness?
24. What workman is always on the strike?

(Answers on page 25).

HINTS FOR THE HOME.

For a Greasy Coat Collar.—Rub with a piece of clean flannel which has been dipped into a solution made from grated raw potato and a little cold water. The cloth is cleaned up and brightened at once.

To Clean Windows.—Mix a little powdered washing blue in liquid ammonia. Then rub a little of the mixture on the glass, and polish. This is a quick and easy way to have well-polished windows.

Is the Bed Damp.—To find out, place a drinking glass between the sheets for a minute or two. If the bed is dry the glass will be clean—if damp, the glass will have a cloudy appearance.

For a Smoky Lamp.—Soak the wick in vinegar. Then dry well before further use, and you will have a bright flame free from smoke.

For Rusty Fireirons.—Put some fine coal ashes into a saucer and make into a paste with paraffin. This will remove rust quickly.

To Prevent Crusted Kettles.—To prevent the unpleasant crust forming in kettles, when the water is very hard, place a clean oyster shell in the bottom of the kettle. The lime particles in the water will then settle on the shell.

To Begin a Fire.—If a coal fire is low throw on a little sugar, and it will brighten at once.

To Waterproof Boots.—A ready and cheap way of waterproofing boots is to soak them in thick soap water. The soap drives a fatty acid into the leather, and renders it quite proof against water.

If the Flat Iron is Rusty.—Take a piece of beeswax and tie it up in a piece of muslin or rag, before the iron is quite hot enough to use, rub the beeswax on it, and then wipe it with a coarse cloth.

When the Oven is Too Hot.—If the oven is too hot, place a basin of cold water in it. This will quickly lower the temperature of the whole oven.

Headaches Caused by Indigestion.

HOW THREE PERSONS FOUND RELIEF AND CURE IN MOTHER SEIGEL'S SYRUP.

On June 5th, 1913, Mrs. Ellen Scrivens, of 17, Water Street, Rochdale, Lancs., wrote to us as follows:—

"A few years ago I used to suffer terribly from indigestion. There was hardly a morning but I would wake up with a headache and a burning sensation in the throat, with a desire to vomit, though I could seldom bring up anything but a small quantity of bitter fluid.

"My husband, who is a staunch believer in Mother Seigel's Syrup, urged me to try that medicine. He had taken it for kidney trouble and it had cured him; and that being such a different complaint from mine, I was doubtful. However, I allowed myself to be persuaded and was rewarded by being well in less than a month. The Syrup acted favourably upon me at once. In a couple of weeks I could eat things which I had formerly not dared to think of eating. The headaches left me, and I awoke of a morning bright and refreshed, with no feeling of sickness. I would not on any account be without Mother Seigel's Syrup in the house."

HEADACHES UNFITTED HER FOR WORK.

"Soon after I was married, as a result of indigestion, severe headaches would suddenly attack me and quite unfit me for work. The other and commoner symptoms of indigestion—pains after eating and flatulency—were also present; but the dreadful headaches were what I used to fear most.

"I resorted to my mother's favourite remedy—the remedy with which she used so successfully to treat her children—Mother Seigel's Syrup. The Syrup did not fail to cure me, and that quickly; and later still, it restored my strength when I had been weakened by influenza." Mrs. Emily Jennings, 45, Lion Terrace, Portsea, Portsmouth, May 12th, 1913.

HEADACHES MADE HER MISERABLE.

"Formerly headaches, so severe that I could not help myself, were a common thing with me. To work was quite out of the question, for I am a tailoress accustomed to handle and tread an exceptionally heavy sewing machine. I shudder at the thought of what I suffered.

"Of the many medicines I tried, none touched my complaint until I tried Mother Seigel's Syrup. The effect upon me of that remedy was almost magical. It *relieved me* at once, and *cured me* in about three weeks. My health is perfect; but should it ever fail Mother Seigel's Syrup will be good enough for me." Mrs. Emma Quirk, 91, Grove Street, Chapel Road, Southampton, May 14th, 1913.

"MY HUSBAND WAS RIGHT."

"After I had been ill for about five months with racking headaches, and indigestion, I informed my husband of this, and he said:—'Well, you know what to do now. Take Mother Seigel's Syrup.' My husband was right. After a little perseverance in taking the Syrup, I became quite free of the pain through my chest and back, the headaches, the vomiting of clear water, and the depression from which I had so long suffered. It was Mother Seigel's Syrup, and nothing else, that gave me back my lost health." Mrs. Ann Balderson, Top End, Spratton, Northampton, May 29th, 1913.



OCTOBER

MOON'S PHASES

4th. Full Moon O 5.59 am | 19th. New Moon S 6.34 am
12th. Last Quarter C 9.33 am | 25th. First Quarter S 10.44 pm



1914.

Sunrise Sunset

1	Thursday	6.1	5.39
2	Friday	6.3	5.37
3	Saturday	6.4	5.34
4	Sunday	6.6	5.32
5	Monday	6.8	5.30
6	Tuesday	6.9	5.27
7	Wednesday	6.11	5.25
8	Thursday	6.13	5.23
9	Friday	6.14	5.21
10	Saturday	6.16	5.19
11	Sunday	6.17	5.16
12	Monday	6.19	5.14
13	Tuesday	6.21	5.12
14	Wednesday	6.23	5.10
15	Thursday	6.24	5.7
16	Friday	6.26	5.5
17	Saturday	6.28	5.3
18	Sunday	6.30	5.1
19	Monday	6.31	4.59
20	Tuesday	6.33	4.57
21	Wednesday	6.35	4.55
22	Thursday	6.37	4.53
23	Friday	6.38	4.51
24	Saturday	6.40	4.49
25	Sunday	6.42	4.47
26	Monday	6.44	4.45
27	Tuesday	6.45	4.43
28	Wednesday	6.47	4.41
29	Thursday	6.49	4.39
30	Friday	6.51	4.37
31	Saturday	6.52	4.35

GAMES FOR AN EVENING PARTY.

THOUGHT READING.

With the company seated in a circle, one lady thinks of a gentleman present, and then asks, "What's the object of my thoughts like?" The others answer as they please, and liken him to a "sixpence," "a gorilla," "the moon," "a star," "a post." When everyone has named some object of resemblance, the lady tells who was the object of her thoughts, and demands in what manner he resembles the animal or thing named. Then the laughter begins.

THE HEAVY SNEEZE.

Separate the party into three divisions, and at a given signal let them shout—"Hish!" "Hush!" "Hosh!"—each party taking one word. The sound is like that of a gigantic sneeze.

CLUMPS.

The party is separated into two "clumps." Then two persons leave the room, and decide upon a subject, such as "the time," "a football match," "a bicycle," etc. When they come into the room, each in turn is questioned by the "clumps." They are not allowed to answer anything but "yes" or "no." There is great excitement as each party strives hard to be the first to guess right. Which ever "clump" succeeds adds the two players to their number. Two others, one from each "clump," are sent out of the room, and so the game goes on until one "clump" has a big majority over the other.

HINTS ON DIET.

When taking Mother Seigel's Syrup for any or all of the disorders arising from faulty digestion, do not overlook the fact that suitable food is of primary importance.

We give here a table showing what foods to avoid in indigestion, biliousness, acidity, and rheumatism:—

In Indigestion.—Avoid rich, fatty foods such as bacon, ham, pork, veal and fat mutton. Eat sparingly of potatoes and cabbages. Take no pickles of any kind, or any highly seasoned food.

In Biliousness.—Take plenty of exercise. Avoid raw fruits, all fatty foods, and alcohol. Let all meals be light for a few days.

In Rheumatism.—Avoid porridge; all starchy vegetables such as potatoes; also mustard, pepper, and all condiments; rich meats such as beef and pork. Drink plenty of cold water, and take moderate exercise every day of the week.

In Acidity.—See that the bowels are not constipated. Take light and easily digestible food, such as fish, eggs, and well-cooked vegetables. Avoid beef, pork, bacon, rich pastry, or highly seasoned soups. Take from fifteen to thirty drops of Mother Seigel's Syrup in water after each meal. It will remove the pain and burning at the pit of the stomach.

In Hot Weather.—In dry and hot weather it should be the aim of every person to counteract the heat by means of a cooling diet. Eat plenty of fruit, such as lemons, apples, plums, strawberries, cherries, etc.

Don't forget the virtues of vegetables in hot weather. Avoid as far as possible making a heavy meal off rich meat, and do not drink too much water. Mother Seigel's Syrup is a splendid aid to the digestion in hot weather, as at all other seasons of the year.

WHAT'S WRONG WITH OUR GIRLS?

WALK where you will,—in the crowded city street, the busy factory town and quiet country village—it's all the same, you meet them everywhere, girls and young women with pallid cheeks, lack-lustre eyes, sallow skin, and flagging steps.

What's wrong with them? Why are they so pale, so listless, and so feeble? Listen, they're starved, literally starved, yes, and poisoned too. Starved, mind you, not for lack of food, oh dear no, there's food in plenty for most of them, but what's the good of food, if your digestive organs are so weak or disordered that they can't extract the nourishment it contains, and pass it on through the blood stream to build up, nourish, re-vitalise and strengthen every part of your body? You can't get heat from coal unless you burn it, now can you? And it's equally certain you can't get nourishment from food unless you digest it.

But that's not all, they're poisoned, self-poisoned by the undigested mass of food which lies fermenting in the bowels instead of being carried out of the system as nature intended it should be. These poisons, the products of indigestion and constipation, are absorbed into the blood stream and positively kill the army of little red blood corpuscles which give the blood its rich red colour, and whose duty it is to burn up all waste matter in the blood. That's why these poor victims of anæmia are so pale—their blood is pale and poor in quality.

At all periods of life, a woman must guard her health with watchful care, for a slight chill, a shock to the nerves, constipation, indigestion, or indeed anything that disturbs the even course of her life may cause untold suffering.



But much, very much, of the sufferings of womankind might be avoided if necessary precautions were taken. The great safeguard is to maintain the general health of the system. In curing anæmia, fresh air with reasonable out-door exercise is of the first importance.

Add to this a course of Mother Seigel's Syrup, so that the digestion may be sound, the liver active, and the action of the bowels free and natural. Then the blood will be pure, the system fully nourished, and health will bloom in the cheek and sparkle

in the eye. All the organs of the body will draw strength from the rich life stream that courses through them, and having that strength, they will act smoothly and harmoniously.



1914.

Sunrise Sunset

1	Sunday	6.54	4.33
2	Monday	6.56	4.31
3	Tuesday	6.58	4.30
4	Wednesday	7.0	4.28
5	Thursday	7.1	4.26
6	Friday	7.3	4.24
7	Saturday	7.5	4.23
8	Sunday	7.7	4.21
9	Monday	7.8	4.19
10	Tuesday	7.10	4.18
11	Wednesday	7.12	4.16
12	Thursday	7.14	4.15
13	Friday	7.15	4.13
14	Saturday	7.17	4.12
15	Sunday	7.19	4.10
16	Monday	7.21	4.9
17	Tuesday	7.22	4.7
18	Wednesday	7.24	4.6
19	Thursday	7.26	4.5
20	Friday	7.27	4.4
21	Saturday	7.29	4.3
22	Sunday	7.31	4.2
23	Monday	7.32	4.0
24	Tuesday	7.34	3.59
25	Wednesday	7.36	3.58
26	Thursday	7.37	3.57
27	Friday	7.39	3.56
28	Saturday	7.40	3.55
29	Sunday	7.42	3.55
30	Monday	7.43	3.54

GAMES FOR AN EVENING PARTY.

MUSICAL CHAIRS.

Set a row of chairs down the middle of the room, one less in number than the persons who are to play. One person plays a piano, or any other musical instrument, or he or she may whistle. Meanwhile the players dance or walk round the chairs, and the instant the player stops all make a dash for the chairs. The one left out must go on playing or whistling, or pay a forfeit. This game provides plenty of fun, especially where the person left out has to whistle a tune.

BLOWING THE FEATHER.

One of the players, who are sat in a circle, takes a piece of cotton-wool or a feather, tosses it up and blows on it to keep it floating in the air. When the feather comes near a person it must be blown away. If the feather alights on a lady or gentleman a forfeit must be paid.

HUNT THE RING.

Slip a ring on to a long piece of string and tie the ends together. Let players stand in a circle and pass the ring from one to the other without exposing it to view. One player stands in the centre of the circle and taps the hand of the person who appears to be passing the ring along. This player cannot become one of the circle until he finds the ring.

USEFUL LEGAL POINTERS.

Ignorance of the law excuseth no man. We are all supposed to know the law of the land.

The use of words is never an assault, but it may be "slander with criminal intent," so be careful what you say and where you say it.

Hitting a man in the face with your fist is an assault, and funny as it may seem, so is shaking your fist in his face.

You can threaten a man from the other end of a room with a red-hot poker, and it is not assault, but if you upset his chair he can "have the law on you."

If you strike a man's horse and he falls off, that's assault too, and your little joke might cost you the full penalty of £50.

Husband-and-wife law is said to be the most peculiar of all.

Suppose a man's wife lends him money to carry on his business, she can't become one of his creditors if he fails.

But, if you fall ill, and if in carrying on your business your wife puts her own money into it, none of the stock she purchases can be seized to settle your debts.

If you ever see a man stealing, breaking into a house, or wounding another person, you must arrest him at once. You can be imprisoned if you don't.

The engaging of a domestic servant is regarded as binding for one year, but either the servant or her employer can terminate the engagement by giving one month's notice from any date. The employer can also give a month's wages instead of the notice.

Upon the death of a servant the nearest relative is entitled to the wages due.

A woman married after January 1st, 1883, is entitled to hold all the property she was entitled to at the time of her marriage.

A married woman is entitled to all the wages and earnings drawn by her in any occupation in which she is engaged. A husband cannot touch such money without her consent.

On the other hand, a husband is only liable for any debts contracted by his wife before he married her to the amount of any money or property which she brings to him.

FOUR WOMEN

TELL HOW MOTHER SEIGEL'S SYRUP RESTORED THEM
TO GOOD HEALTH.

WHAT ANÆMIA DID.

"From early childhood I have been subject to severe headache, and as I approached womanhood, I became anæmic and could no longer digest my food, until at last I was so weak that I used to fall down when I attempted to work.

"My case was said to be hopeless. A number of well-known medicines had no good effect, except the last which I tried—Mother Seigel's Syrup. Before I had taken quite one 2/6 bottle of that remedy, I felt like another woman. The headaches ceased, I developed a good appetite, and soon became as well and hearty as any woman need be."—Mrs. Elizabeth Ann Pople, 18, Newtown, Highbridge, Somersetshire, May 19th, 1913.

"I WAS SHOCKINGLY WEAK AND RUN DOWN."

"My appetite almost ceased, and a terrible pain at my chest allowed me little or no rest either by night or day. This went on until I was shockingly weak and run down. I could find no relief, though I tried many medicines; and was almost despairing when I chanced to read of some remarkable cures by Mother Seigel's Syrup, and bought a small bottle of that remedy. Its effect upon me was so good that I bought another and a larger bottle. The pain at my chest was relieved at once, and very soon after I was completely cured of the indigestion, which was the cause of my trouble. This was nearly eight years ago, and I am still well!"—Mrs. Sarah Alderman, Yatton Keynell, Chippenham, Wilts., May 26th, 1913.

"I WAS VERY WEAK AND PALE."

Miss Jessie Muir, of 58, Grosvenor Street, Southsea, Portsmouth, writing on May 12th, 1913, says:—"It was while on a holiday that I first learned what it is like to be ill. I was a young woman at the time. My usual energy gave way to lassitude. My appetite and strength declined. I was very weak and pale, and my friends thought I was consumptive, but they were mistaken. A lady in Dublin recommended Mother Seigel's Syrup. The first few doses did me so much good that I continued the treatment until I was quite cured—in three or four weeks. For the last five years my health has been all that one could wish, though I take a dose of the Syrup now and again, for it is the best tonic in the world."

ALWAYS TIRED AND LANGUID.

Says Mrs. Elizabeth Rhodes, of 4, Market Road, Calverley Road, Tunbridge Wells, writing on May 7th, 1913:—"When approaching 20 years of age, I fell ill of some obscure complaint. I was always tired and languid. The least exertion was painful to me. I could make no effort. Mother Seigel's Syrup was the first medicine to do me any good. A short course of the Syrup caused my health and strength to revive wonderfully. Some people say my complaint must have been indigestion of a peculiar kind. I don't know. But I do know that Mother Seigel's Syrup cured me, and that I remain well. It is a splendid tonic."



1914. Sunrise Sunset

1	Tuesday	7.44	3.53
2	Wednesday	7.46	3.53
3	Thursday	7.47	3.52
4	Friday	7.49	3.51
5	Saturday	7.50	3.51
6	Sunday	7.51	3.50
7	Monday	7.52	3.50
8	Tuesday	7.54	3.50
9	Wednesday	7.55	3.49
10	Thursday	7.56	3.49
11	Friday	7.57	3.49
12	Saturday	7.58	3.49
13	Sunday	7.59	3.49
14	Monday	8.0	3.49
15	Tuesday	8.1	3.49
16	Wednesday	8.2	3.49
17	Thursday	8.3	3.49
18	Friday	8.4	3.50
19	Saturday	8.4	3.50
20	Sunday	8.5	3.50
21	Monday	8.5	3.50
22	Tuesday	8.6	3.51
23	Wednesday	8.6	3.51
24	Thursday	8.7	3.52
25	Friday	8.7	3.53
26	Saturday	8.7	3.53
27	Sunday	8.8	3.54
28	Monday	8.8	3.55
29	Tuesday	8.8	3.56
30	Wednesday	8.8	3.56
31	Thursday	8.8	3.57

**ANSWERS TO
RIDDLES AND CONUNDRUMS.**

1. When it can't bear you.
2. Because it had no eve.
3. When it becomes a woman.
4. When he's been licked and put in a corner to make him stick to his letters.
5. A lock of hair.
6. By going from one spot to another.
7. Because he keeps his nose above water.
8. When he's short of cash.
9. When the buds are shooting.
10. By not paying the water rates.
11. Because you must give it up.
12. When she knits her brows.
13. When he lives over the shop.
14. Because they play at pitch and toss.
15. The bridge of his own nose.
16. Because it is in the middle of "water."
17. When the ship lays-to.
18. Because it is endless.
19. The elder.
20. Into his twenty-second year.
21. He who bolts a door, and swallows a tall story.
22. When it's down.
23. In the dictionary.
24. The blacksmith.

FACTS ABOUT YOURSELF.

The average weight of an adult man is 140 pounds 6 ounces.

The average weight of a skeleton is about 14 pounds.

The number of bones is 240.

The skeleton measures one inch less than the height of the living man.

The average weight of a man's brain is 3½ pounds; of a woman's 2 pounds 11 ounces.

The brain of a man is twice as large as that of any other animal.

The normal number of teeth is 32.

A man breathes about 20 times in a minute, or 1,200 times an hour.

A man breathes about 18 pints of air in a minute.

A man annually contributes to vegetation 124 pounds of carbon.

The average of the pulse in infancy is 120 beats per minute; in manhood, 70; at 60 years, 60. The pulse of females is more frequent than that of males.

The weight of the circulating blood is about 28 pounds.

The heart beats about 70 times in a minute, and makes four beats while we breathe once.

About 540 pounds of blood pass through the heart in one hour.

About 1,000 ounces of blood pass through the kidneys in one hour.

There are about 174,000,000 holes or cells in the lungs, which would cover a surface 30 times greater than the human body.

A REAL TONIC.

ONE THAT HELPS YOU TO HELP YOURSELF.

ON this page we want to explain to you the difference between a true tonic, one that really builds up your strength, and a stimulant, one of the many which are now offered to you in various forms and under various names.

It will be almost sufficient if we illustrate our point by saying that a stimulant produces *unhealthy* activity of the organs of the body.

It forces the nervous system, the brain, and the digestive system to work at high pressure. And while that lasts you feel better. But note—a stimulant only helps for a time, a short time, and afterwards you want more and more stimulants to keep you going. Once get to that point, and you are as surely on the way to moral and physical destruction as any slave of alcohol.

Now for the great difference between Mother Seigel's Syrup, a real tonic, and mere stimulants, for which you usually have to pay a high price.

Mother Seigel's Syrup is a herbal preparation made from certain roots, barks, and leaves. It is *not* a stimulant. It *does not* force the pace of the digestive or the nervous system. Instead, it first of all gets rid of the impurities in the body by regulating the bowels. It ensures that you get full nourishment from food by enabling the stomach to digest the food you eat. It tones and regulates the liver, so that the necessary amount of bile is produced by that organ to assist in the work of digestion.

In a word, stimulants, by whatever fancy name they may be called, simply draw on your reserves of strength and energy—they borrow to-day what must inevitably be paid back to-morrow. On the other hand, Mother Seigel's Syrup helps you to create *new* stores of strength, energy and vitality, by toning and strengthening the great vital organs of the body and so enabling them to extract the nourishment from your food which it is essential you should have, if your blood stream is to carry new life, vigour and vitality to every part of your body.

There are times when we all need a tonic, times when from various causes—perhaps bad weather, over-work, worry, excitement—the stomach, or the liver, or the bowels are just a trifle out of tone.

You can recognise the condition by the occasional headaches, by languor, lassitude, weariness, giddiness, a sense of pressure on the chest, or fulness of the stomach after a meal.

When you *do* need a tonic take Mother Seigel's Syrup. Avoid stimulants as you would any other harmful thing, and you will soon discover, and be thankful for it too, that Mother Seigel's Syrup, because it is a real tonic for the stomach, liver, and bowels, restores tone, vigour and vitality to every part of the body.

WHAT THE REAL TONIC DOES.

THESE PEOPLE WILL TELL YOU.

IF YOU READ THEIR INTERESTING LETTERS.

"I used to suffer from wind and dizziness, pain at the chest, and several other of the symptoms of indigestion, and was far from well. Having read of what Mother Seigel's Syrup has done for others, I bought a bottle of it. At first the result was disappointing; but I changed my opinion before the first bottle was emptied, and the second bottle cured me. My health is perfect now; but I keep a bottle of Mother Seigel's Syrup at hand, for it is the best of all tonics." Mr. H. Bullard, 15, Radford Road, West Hoe, Plymouth, May 16th, 1913.

A CASE FOR A TONIC.

Mr. Daniel Bennett, of Westwell Lane, Hothfield, near Ashford, Kent, writes on May 7th, 1913:—

"I used to spend the greater part of my nights limping around the room in agony; for I was troubled with a terrible pain in my leg, the cause of which I could not find out. My digestion, which had always been good, became unsatisfactory and I lost weight and strength.

"After reading one of your booklets, I thought I would try what Mother Seigel's Syrup could do for me; and the result was that before I had taken quite one bottle the mysterious pain had left me. Then I could sleep as soundly as anyone, and my weight began to increase. It is a long time now since I had anything to complain of on the score of health. In my opinion, Mother Seigel's Syrup is the best of all family medicines."

"I AM NEVER WITHOUT MOTHER SEIGEL'S SYRUP."

"I am never without Mother Seigel's Syrup in the house, and I will tell you why. By trade a blacksmith, it is very necessary that I should keep up my strength. But at one time I was in great danger of losing it. I could not digest my food, and I was troubled by constipation.

"After I had tried many 'remedies' which did not remedy, Mother Seigel's Syrup was recommended to me. *That remedy* cured me thoroughly and speedily, for in a few weeks my complaint was a thing of the past, and a dose of it now and then keeps me in good health to this day. It is excellent as a tonic." Mr. C. A. Buckley, Rubery, Near Halesowen, Worcs., May 31st, 1913.

A WEAK MAN MADE STRONG.

"Most people would think when a man has been laid up for three-and-a-half years without getting any better, that his case was hopeless. That is just what my husband experienced; and he was, after all, cured by Mother Seigel's Syrup, and is as well to-day as ever he was. His trouble was the utter weakness which so often follows pneumonia. Mother Seigel's Syrup restored his appetite, and in other ways assisted him to build up his strength again. It was truly a wonderful cure, and many people in the neighbourhood were witnesses of it." Mrs. Emma Rowlands, 10, Plym Street, Armada Street, Plymouth, May 16th, 1913.

"For many months, I had indigestion in its worst form. I was weak as a child, and wretchedly nervous and depressed. A short course of Mother Seigel's Syrup, 30 drops at a time, restored my appetite and strength; and I am still well and hearty." Mr. Thomas Avis, 37, Mortimer Road, Hove, Brighton, May 10th, 1913.

IS LAZINESS A DISEASE?

IS it now? The question is important, for if laziness is really a disease, the lazy man should be pitied and not blamed.

The eminent doctor, who recently described as a *moral* disease the laziness of the street loafer—the man who would rather starve than work—was probably very near the truth.

But what about the thousands of men and women who want to work but haven't got the energy required? The tens of thousands who wake up in the morning as tired as when they went to bed, whose muscles and sinews are flabby and weak—the men and women who can't even walk upstairs without resting, whose every effort means exhaustion? Surely, to describe such people as lazy is unjust and foolish.

Even the most healthy amongst us are at times disinclined for work. We are not mere machines—not yet, anyhow—and unless the stomach, the liver, and the bowels are each in turn doing *their* work properly, we are bound to lack the vigour and the buoyancy that are associated with good, robust health.

For instance, how can a clerk work hard and long if his strength is reduced and his brain fagged by indigestion? How can a mother, or indeed any woman, be equal to the worry and strain of her daily life if she is depressed and weary through stomach and liver troubles? Again, how can a labourer hope to keep abreast of his strong and healthy comrades if day by day indigestion is robbing him of the nourishment he ought to obtain from the food he eats?

These are the men—there are thousands of them in this rushing, nerve-shattering age—who lag behind, because stomach or liver troubles produce languor, weariness, depression, and weakness.



To keep yourself fit, up to the mark, so that you can eat well, work well, sleep well, take Mother Seigel's Syrup and you will soon feel its beneficial effect on the digestive organs—stomach, liver and bowels.

You will be more vigorous and buoyant, more fit for your daily work. Mother Seigel's Syrup won't do *your* work. What it will do is to help your digestive organs to do *theirs*—and that's the way good health lies.

Mr. F. Creighton, of 198, Queen's Road, Liverpool, writes on December 4th, 1912:—
"Three years ago I felt ill. I was sleepless by night and drowsy by day, with very poor appetite, and the little food I did eat failed to digest. After investigating a cure by Mother Seigel's Syrup I bought a bottle for myself. In three weeks' time I was quite well."

LANGUOR—LASSITUDE—WEARINESS

EFFECTIVELY BANISHED

BY MOTHER SEIGEL'S SYRUP.

LANGUOR, lassitude, and weariness, when not caused by overwork or keeping late hours, are most often due to some temporary disorder of the digestive organs—the stomach, liver and bowels. If you want to be “bright and breezy,” active, energetic, fit and well, you must first of all see that the digestive system is working quietly and properly. You can do that by taking Mother Seigel's Syrup after your meals.

HEAVY AND SLEEPY THROUGH INDIGESTION.

“Mother Seigel's Syrup is the best and cheapest remedy for stomach and liver troubles. For a long time indigestion made me so heavy and sleepy that work was very irksome. I found my cure at last in Mother Seigel's Syrup, which freed me from pain, gave me back my appetite, and improved my health in every way.”—Mrs. Ruth Rostron, 10, Snape Street, Audley Range, Blackburn, June 7th, 1913.

NO PALPITATION AND WEARINESS NOW.

“When slight exertion causes one's heart to palpitate violently, to feel a weariness with every movement, it is certain there is something seriously wrong. That's what happened to me while I was still a young woman. And not only that, I suffered from pains in my back, and a burning sensation in my throat. But Mother Seigel's Syrup proved sufficient for my cure, and I have not been troubled by any ailment since.”—Mrs. Louisa Martin, 8, Morris Road, South Farnborough, Aldershot, May 3rd, 1913.

“THE BENEFIT IS A LASTING ONE.”

Mr. W. E. Emery, of Holford Cottages, Cemetery Road, Broomhill, Cannock, Staffs, says in a letter dated May 31st, 1913:—

“In 1906 my health seemed to fail generally. My appetite left me; and when I forced myself to eat I was sure to suffer for it by a dreadful pain at my chest. I was weak, languid, and weary. I investigated a case cured by Mother Seigel's Syrup before I tried the medicine.

“After I had taken Mother Seigel's Syrup for a few weeks, my appetite was as keen as ever it had been. In my case, the benefit is clearly a lasting one, for I still remain well. It is a real treat to be free from pain after every meal. I shall always recommend Seigel's Syrup.”

FELT WEAK AND WEARY EVERY MORNING.

Mr. W. J. Whitford, of 26, St. Dominic St., Truro, Cornwall, writes on May 17th, 1913:—

“Rather more than three years ago I began to suffer from indigestion. Until that time I had always enjoyed good health. On getting up in the morning I would have headaches, and would have to make an effort to open my eyes, feeling so weak, and short of energy.

“I was advised by several different people as to what I should eat and what I should not eat, and tried many of the systems recommended. But the trouble continued just the same as ever. A friend having recommended Mother Seigel's Syrup, I persevered with it for at least two or three weeks. I had my reward. The pain and heaviness of the head steadily decreased, until I awoke in the morning bright and fit. An occasional dose of the Syrup keeps me in good health.”

MOTHER SEIGEL'S PILLS.

A RELIABLE LAXATIVE.

IT is a great mistake to use violent purgatives for cases of obstinate constipation. It means overtaxing the bowels, sometimes to a point from which they never regain the normal, healthy condition. The safe course to adopt is to keep the bowels regular in action by the use of a gentle, harmless laxative such as Mother Seigel's Pills. These Pills are intended to assist, not to replace, Mother Seigel's Syrup, and if taken occasionally will relieve the most obstinate cases of irregularity of the bowels. Mother Seigel's Pills are made from curative herbal extracts. Their action is gentle and stimulating, with none of the distressing pains or griping arising from the use of strong mineral purgatives. There is no danger to the system through sudden, violent relaxation of the bowels—to be inevitably followed by a long period of constipation.

When relief has been obtained by the use of Mother Seigel's Pills, regularity can be maintained with small doses of Mother Seigel's Syrup. The Pills are especially useful if the ordinary diet and habits have been disturbed by excitement, or over-indulgence in eating and drinking. To win back your good health you must see to it that the bowels are regular in action. This desirable end can always be attained by the use of Mother Seigel's Pills, followed by small doses of Mother Seigel's Syrup.

RECOMMENDS PILLS AND SYRUP.

Mrs. L. Jennings, 4, Gordon Cottages, West St. Lane, Carshalton, Surrey, writes on November 18th, 1912:—"Five years ago I became weak generally, could not digest my food, and was troubled with shortness of breath and constipation. After suffering for many months in this way, I was induced by something I read about a case similar to my own to try Mother Seigel's Syrup and Pills. These medicines gave me great relief, and I have continued to take them from time to time. I don't think I could get along at all without Mother Seigel's Syrup, so feeble is my digestion. I shall certainly recommend Mother Seigel's Syrup and Pills whenever I have an opportunity to do so."

Mother Seigel's Ointment.

EVEN in the best regulated household you are bound to have accidents. Children will get cuts, slight wounds, and abrasions, and adults cannot escape annoying little bruises, burns, scalds, chapped hands, cold sores, and other minor injuries. We are all subject to one or more of these happenings sooner or later. For all such Mother Seigel's Ointment is a most excellent, handy remedy. It has a soothing as well as a healing effect, and when laid on a bruise, scratch, sore, or other wound, it prevents the humours and pains of inflammation. It is just the thing to keep handy in the family cupboard.

MERSEL'S FOOD.

IDEAL FOR INFANTS, INVALIDS, AND THE AGED.

MERSEL'S FOOD is a pure malted food, prepared by a special process, to meet the needs of Infants, Invalids, and the Aged. It is easily digested and very nourishing.

There are *convincing reasons* why MERSEL'S FOOD is the ideal food for infants, invalids, and the aged. Let us state them, briefly. MERSEL'S FOOD is *absolutely pure*; it is rich in protein—the vital essence of all food; and it contains the necessary proportion of natural salts, which are essential to the making of bone and muscle. MERSEL'S FOOD is pleasant to the taste, and it is prepared in a form which renders it *easy of digestion* in the *delicate* stomach of the infant or invalid. Its *cost* brings it *within the reach of all*.

Infants fed on MERSEL'S FOOD do not look like bottle-fed babies. They have firm flesh, strong limbs, and are free from rickets.

For Invalids and the Aged, MERSEL'S FOOD is ideal. It supplies the nourishment they need, without imposing any strain upon the digestive organs.

MERSEL'S FOOD is quite inexpensive. Price 1/- per tin. If your local chemist does not stock it, send 1/- (Postal Order or Stamps) to A. J. White, Ltd., 35, Farringdon Road, London, and we will send you a tin, post free.

MOTHERS AND NURSES PRAISE MERSEL'S FOOD.

Mrs. Dodd, Fulham:—"Mersel's Food is excellent. The flavour is pleasant, and we find the Food makes a nice supper cup. It is easily digested, and far better than heavy food at night."

Nurse ———, Wakefield:—"I have found Mersel's Food of very great value where I thought Infants were not going to live."

Matron ———, Bradford:—"I have four Babies in my Home, whom I am feeding with Mersel's Food, and they have improved ever since taking it. I shall continue to use your Food."

Nurse ———, Buxton:—"I gave Mersel's Food to one of my patients who had tried many different foods for her Baby, but none of them seemed to agree with it. I have noticed a great improvement since it has been fed on Mersel's Food."

Nurse ———, Brixton:—"I have found Mersel's Food very satisfactory, especially in cases of the aged."

Mother Seigel's Plasters.

MOTHER SEIGEL'S PLASTERS do not burn or irritate the skin, but soothe and heal just as soon as their medicinal properties have been absorbed by the pores, and spread through the system. Mother Seigel's Plasters are made flexible, so that they fit closely when applied, and as they are porous all the humours withdrawn from the affected part escape readily. These Plasters are better, cheaper, more convenient than liniments and embrocations, which they have replaced in thousands of homes. For aches and pains in the body that need soothing treatment, always use Mother Seigel's Plasters. Then you will experience no burning or irritation of the skin, as is the case when mustard plasters are used.

KNO-SKA (^{NO} SCAR).

FOR SKIN DISORDERS—PILES—ECZEMA.

KNO-SKA (pronounced "No Scar") since it was first introduced to the public some years ago has become immensely popular.

It is a splendid antiseptic and emollient ointment for the treatment of skin disorders, piles, and eczema.

The great merit of Kno-Ska is that it heals skin surfaces quickly, and as the name implies it leaves NO SCAR. It may safely be applied to the face, arms, legs or other parts of the body affected by Eczema.

Use Kno-Ska for Piles, but first bathe the affected parts with warm water. If there is a little smarting after the application of the ointment it will soon pass away. Kno-Ska speedily removes the milder forms of Piles, and even in obstinate cases, if the treatment is continued, its beneficial effect will be experienced.

For destroying poisons in wounds and sores Kno-Ska is wonderfully efficacious. It soon softens and heals all irritated skin surfaces. Get a tube from your chemist or storekeeper. If he has not got it in stock, send us 1/1½ in postage stamps and we will forward a tube, post free.

IN PRAISE OF KNO-SKA.

"For over 30 years I was a great sufferer from Eczema and for the last 10 years I had been much worse. A course of Kno-Ska cured me completely."—Mrs. E. B., Brighton.

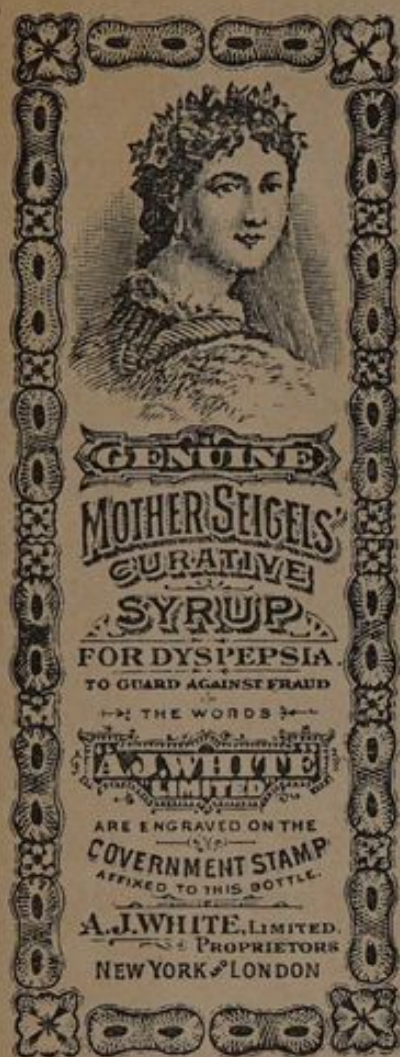
"I thank you very much for the tube of Kno-Ska. It has done good in a case of Piles, and I am very well pleased with it."—J.E.S., New Church, near Manchester.

"For a week or two I was troubled with a nasty patch of Eczema, on my leg. Three applications, only, of your Kno-Ska ointment cured me and the skin is now soft and clear."—K. M. B., Croydon.

Mother Seigel's Malt Cough Balsam.

WHEN you have a cough, with irritation in the throat and a wheezing, difficult breathing, your proper course, and probably your desire, is to cure it at once. Mother Seigel's Malt Cough Balsam will relieve quickly and surely. It soothes the irritated glands of the mouth and throat, and puts an end to the cough, and the difficulty of breathing. The Balsam has no injurious effect on the stomach and bowels, as have so many ordinary cough mixtures. That, together with its complete success as a cough remedy, is why Mother Seigel's Malt Cough Balsam has been popular for a quarter of a century.

Directions for taking Mother Seigel's Curative Syrup.



DOSE.—Fifteen to Thirty Drops, two or three times a day, in a wineglassful of water, directly after eating.

NOTE.—Mother Seigel's Curative Syrup is put up in a very highly-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.

Commence by taking ten or fifteen drops three times a day, directly 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 Seigel's Curative Syrup may become mixed with the food while being digested. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. 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 Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

PRICES.

MOTHER SEIGEL'S SYRUP		1/1½ & 2/6 per bottle.
The 2/6 bottle contains 3 times as much as the 1/1½ size.		
MOTHER SEIGEL'S SYRUP TABLETS		2/9 per bottle.
" PILLS		1/1½ per box.
" PLASTERS		1/1½ each.
" MALT COUGH BALSAM		1/1½ & 2/6 per bottle.
" OINTMENT		1/1½ per box.
MERSEL'S FOOD FOR INFANTS AND INVALIDS		1/- per tin.
KNO-SKA for Eczema and Piles		1/1½ & 2/9 per tube.

Sold by all Chemists and Patent Medicine Vendors. In case you cannot obtain the Remedies, we will forward them direct and post free on receipt of P.O.O. or stamps.

A. J. WHITE, Ltd., 35, Farringdon Road, London, E.C.

MOTHER SEIGEL'S SYRUP

THE WORLD'S
REMEDY FOR

INDIGESTION



HEALTH

GOOD

TOWARDS

IS A STEP

EVERY DOSE