

1889

1935

*Rawleigh's*  
TRADE MARK REG. U.S. PAT. OFF.

# GOOD HEALTH GUIDE

## ALMANAC CATALOG



### *The Brighton Coach*

BY W. B. WOLLEN, R. I.

AN OLD ENGLISH SCENE FROM A FAMOUS OIL PAINTING

—PUBLISHED BY—

**THE W. T. RAWLEIGH COMPANY**

FREEPORT, ILL., U. S. A.

MEMPHIS RICHMOND CHESTER ALBANY MINNEAPOLIS DENVER  
OAKLAND MONTREAL WINNIPEG MELBOURNE WELLINGTON



# To Help Our Friends



*It is better to have them and not need them  
than to need them and not have them.*



1889

46TH YEAR

1935

*Rawleigh's*  
TRADE MARK REG. U.S. PAT. OFF.

## GOOD HEALTH GUIDE

### ALMANAC—CATALOG

**W**ITH grateful appreciation we present this new book of scientific and reliable information. It should be read thoughtfully and kept handy for ready reference when needed. It should help and make friends of every member of your family. It explains what to eat to prevent disease and how to overcome many kinds of sickness, accidents and injuries.

For 45 years Rawleigh's Medicines and other Products have stood the test of actual use and proven their superior value and usefulness. They now have a world-wide sale. They have given good satisfaction in millions of families, who for two generations have recommended them to their relatives, neighbors and friends.

Raw materials are bought in the world's best markets, then tested in our own laboratories for purity and strength by pharmaceutical and analytical chemists who are kept busy the year around supervising manufacture and making important researches to make Rawleigh Products still more valuable, reliable and useful.

To give consumers the utmost in values and service it is the general policy (insofar as practical) to make everything—bottles, boxes, soaps. Fluid Extracts, Tinctures, Tablets, etc., are made directly from the roots, herbs, barks and other raw materials. All under the careful control of one management with a fixed purpose and determination to give consumers the utmost protection and benefits.

Millions of dollars are invested in Rawleigh factories, branches, equipment, raw materials, stocks and other property in the United States, Canada, Australia and New Zealand.

You should welcome the Rawleigh Dealer when he calls and give him the opportunity to explain his free trial offers and favorable terms. He will show you his big line of Rawleigh's Good Health Products, and explain why it pays to keep them on hand ready for use when needed.

This book has great practical value. Be sure to keep it. It explains how to care for the health, welfare and needs of your family. Study the Good Health Service that has made millions of steadfast friends whose loyalty and patronage are highly prized.

With best wishes for health and happiness for the new year.



**W. T. RAWLEIGH**  
 President & Founder

— PUBLISHED BY —

## THE W. T. RAWLEIGH COMPANY

FREEPORT, ILL., U. S. A.

Memphis	Richmond	Chester	Albany	Minneapolis	Denver
Oakland	Montreal	Winnipeg	Melbourne	Wellington	



# Facts About The Calendar Year

## Almanac Calculations for 1935

THE year 1935 of the Christian era or Gregorian Calendar corresponds to the year 6648 of the Julian period. January 1, 1935, Julian calendar corresponds to Jan. 14, 1935 Gregorian Calendar. The year 7444 Byzantine era begins Sept. 14, 1935 Gregorian calendar. The year 5696 Jewish era begins at sunset on Sept. 27, 1935 Gregorian Calendar. The year 2688 since founding of Rome according to Varro begins Jan. 14 Gregorian Calendar. The year 2395 Japanese era begins Jan. 1 and 1354 Mohammendan era at sunset Apr. 4, 1935 Gregorian calendar. Jan. 1 is the 2,427,804th day of the Julian period.

### Cycles of Time

Dominical Letter F indicates the fifth day of 1935 is Sunday. Epact 26 is the moon's age Jan. 1. Lunar Cycle 17 is the number of years since new moon fell on Jan. 1. Solar Cycle 12 is the number of years since days of the week fell on same days of the year. Roman Indiction 3 refers to a period of 15 years used by Catholic popes. Julian period 6648 is the year (of a period of 7980 years) since the Lunar Cycle, Solar Cycle and Roman Indiction began at the same time.

### Times of the Seasons Eastern Standard Time

Season	Begins	Time	Season Lasts		
			Days	Hours	Min.
Winter	Dec. 22, 1934	7:50 A. M.	89	0	28
Spring	Mar. 21, 1935	8:18 A. M.	92	19	20
Summer	June 22, 1935	3:38 A. M.	93	15	01
Autumn	Sept. 23, 1935	6:39 P. M.	89	18	58
Winter	Dec. 22, 1935	1:37 P. M.			
Tropical Year			365	5	47

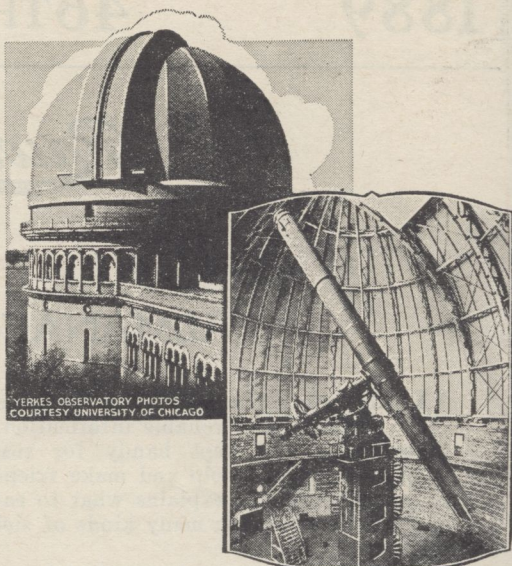
The earth reaches Perihelion, or the point in its orbit nearest the sun, on Jan. 2, at 3:00 A. M. and Aphelion, or the point in its orbit farthest from the sun, July 3rd at 9:00 P. M. Eastern Standard Time.

### Eclipses

In 1935 there will be seven eclipses, five of the sun and two of the moon.

I. Partial eclipse of sun Jan. 5 visible near Antarctic circle southwest of Cape Horn, South America, lasting from 5:31 to 5:39 Greenwich Time.

II. Total eclipse of moon Jan. 19, begins 19:15 Greenwich time. Visible in Europe, Asia, Africa and Australia.



III. Partial eclipse of sun Feb. 3, visible over North America. Begins at sunrise on the Pacific Coast and ends at noon over the eastern part of North America.

IV. Partial eclipse of sun June 30 visible over Siberia and northern Europe, begins 18:34 and ends 21:24 Greenwich time.

V. Total eclipse of moon July 15 visible over Southwestern Europe, Africa, Atlantic ocean, and North and South America. Begins at 9:15 P. M. and ends at 2:43 A. M. July 16.

VI. Partial eclipse of sun July 30 visible over the south Atlantic Ocean, time from 8:02 to 10:30 Greenwich time.

VII. Annular eclipse of sun Dec. 25. Begins off the east of New Zealand and is visible over south part of Indian Ocean. Time 15:41 to 20:16 Greenwich Time.

### Anniversaries, Church Days, Holidays

Jan. 1	New Year's	June 7	Hebrew Pentecost
Jan. 6	Epiphany	June 9	Whit Sunday
Feb. 12	Lincoln's Birthday	June 16	Trinity Sunday
Feb. 17	Septuagesima Sunday	June 20	Corpus Christi
Feb. 22	Washington's Birthday	July 1	Dominion Day
Mar. 3	Shrove Sunday	July 4	Independence Day
Mar. 6	Ash Wednesday	Sept. 2	Labor Day
Apr. 14	Palm Sunday	Sept. 28	Hebrew New Year
Apr. 18	First day of Passover	Oct. 7	Day of Atonement
Apr. 19	Good Friday	Oct. 12	Columbus Day
Apr. 21	Easter Sunday	Nov. 5	Election Day
May 26	Rogation Sunday	Nov. 11	Armistice Day
May 30	Memorial Day	Nov. 28	Thanksgiving Day
May 30	Ascension Day	Dec. 1	Advent Sunday
		Dec. 25	Christmas





## YOUR RAWLEIGH DEALER

*He brings his Products to your home, explains and demonstrates their usefulness and leaves them on their merits.*

**Y**OU should welcome and become better acquainted with your neighbor, the Rawleigh Dealer, when he calls at your home with fresh stocks direct from our factories because he supplies the best qualities at low cost on the most favorable terms and saves you time and expense.

All Rawleigh Dealers own their businesses, pay taxes, and do their part in supporting the schools and churches that their families attend, make their money by honest work and spend it in the communities where their businesses are.

Your Rawleigh Dealer brings everything to your home, save expense and fatigue of

shopping, and is worthy of your friendship, good will, patronage and support. He will gladly explain the value and usefulness of all Rawleigh Products. They are made right and sold right. You can depend upon them being exactly as represented and you are invited to compare and test them.

If you have used Rawleigh Products before you know you can rely upon their value and worth and to give entire satisfaction. If convenient you may prefer to pay cash for everything you know will be needed and used. But if you want a free trial of any of the medicines or other Products you have not used before, it is the general custom of the Rawleigh Dealer to leave them with his guarantee of satisfaction or no sale, and with the understanding that if they are not needed they may be returned or exchanged without cost or obligation.

## FOOD PRODUCTS

Food Products that give variety and added attractiveness to the family table are an interesting part of the necessities brought by your Rawleigh Dealer. All are carefully selected to give unusual quality that is easily recognized. You are invited to make trials and comparisons with similar preparations for this is the easiest way of learning of their superiority.

### Baking Powders

Baking Powder is such an important element in the preparation of foods and so small a part of their cost that one can't afford to use any but highest quality. We make two baking powders, both from the purest ingredients under ideal conditions, one a pure phosphate baking powder and one containing both phosphate and aluminum sulphate. They cost about the same. Both have given excellent satisfaction. Take your choice and you will be satisfied.

**Our Phosphate Baking Powder** is especially healthful. It restores to flour the natural phosphates of wheat lost in milling but essential to proper nutrition. It is also a perfectly balanced leavening agent, that produces uniform cellular structure in the baking making it easily digested. It causes cakes to rise steadily, making for uniform consistency and size. Biscuits and cakes made with it do not readily dry out, nor deteriorate, nor have disagreeable taste.



**Our double acting Baking Powder** starts the leavening as soon as the phosphate in it is moistened and aluminum sulphate continues it with the heat of the oven. Its action is steadier and continues over a longer period than a powder with a single acid ingredient.

### Cocoa

Cocoa is a delicious flavor and highly nutritious food. Rawleigh's Cocoa is made from select cocoa beans scientifically blended, roasted and ground. It has the right amount of cocoa butter and the most desirable flavor, aroma and digestibility. It is standardized to meet the requirements for breakfast cocoa, also for fineness, flavor and quality. It is more digestible than chocolate and stronger in flavoring and food value and more convenient.

### Prepared Mustard

Rawleigh's Prepared Mustard is made of a combination of varieties of clean, high grade mustard seeds, selected especially for





# JANUARY

Named after Janus, the two-faced god who looked both ways and was god of beginnings. Made the first month of the Roman year 251 B. C.  
Capricornus, Goat. Knees.

Here is commemorated the legend of a goat that nursed the young gods of the sun.  
Gem—Garnet. Flower—Snowdrop.

Virtue—Constancy.

Traits to cultivate—Work hard. Be neat and careful. Cultivate cheerfulness.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	Tu.	☾	☾	7 38	4 28	rises	6 56	5 11	rises
2	W.	☾	☾	7 38	4 28	5 13	6 56	5 11	4 21
3	Th.	☾	☾	7 38	4 28	6 21	6 56	5 11	5 26
4	Fri.	☾	☾	7 38	4 28	7 21	6 56	5 11	6 28
5	Sat.	☾	☾	7 38	4 28	sets	6 56	5 11	sets
6	S.	☾	☾	7 38	4 33	6 40	6 57	5 14	7 11
7	M.	☾	☾	7 38	4 33	8 02	6 57	5 14	8 21
8	Tu.	☾	☾	7 38	4 33	9 22	6 57	5 14	9 29
9	W.	☾	☾	7 38	4 33	10 40	6 57	5 14	10 34
10	Th.	☾	☾	7 38	4 33	11 54	6 57	5 14	11 38
11	Fri.	☾	☾	7 37	4 39	.....	6 57	5 18	.....
12	Sat.	☾	☾	7 37	4 39	1 08	6 57	5 18	0 41
13	S.	☾	☾	7 37	4 39	2 22	6 57	5 18	1 43
14	M.	☾	☾	7 37	4 39	3 32	6 57	5 18	2 45
15	Tu.	☾	☾	7 37	4 39	4 37	6 57	5 18	3 44
16	W.	☾	☾	7 35	4 45	5 35	6 57	5 23	4 41
17	Th.	☾	☾	7 35	4 45	6 23	6 57	5 23	5 31
18	Fri.	☾	☾	7 35	4 45	7 03	6 57	5 23	6 16
19	Sat.	☾	☾	7 35	4 45	7 36	6 57	5 23	6 56
20	S.	☾	☾	7 35	4 45	rises	6 57	5 23	rises
21	M.	☾	☾	7 32	4 51	7 10	6 56	5 27	7 28
22	Tu.	☾	☾	7 32	4 51	8 13	6 56	5 27	8 21
23	W.	☾	☾	7 32	4 51	9 15	6 56	5 27	9 14
24	Th.	☾	☾	7 32	4 51	10 18	6 56	5 27	10 07
25	Fri.	☾	☾	7 32	4 51	11 23	6 56	5 27	11 02
26	Sat.	☾	☾	7 28	4 58	rises	6 54	5 31	rises
27	S.	☾	☾	7 28	4 58	0 30	6 54	5 31	.....
28	M.	☾	☾	7 28	4 58	1 40	6 54	5 31	0 59
29	Tu.	☾	☾	7 28	4 58	2 50	6 54	5 31	2 02
30	W.	☾	☾	7 28	4 58	3 59	6 54	5 31	3 06
31	Th.	☾	☾	7 22	5 05	5 02	6 52	5 36	4 08

☾ First Quar. ☾ Full Moon ☾ Last Quar. ☾ New Moon



# FEBRUARY

Derived its name from the Roman divinity Februns (Pluto) or Februa (Juno). Added to the Roman Calendar about 412 B. C.

Aquarius, Water carrier. Legs.

This sign is derived from the season of rains and flood time of the River Nile.

Gem—Amethyst. Flower—Primrose.

Virtue—Constancy.

Traits to cultivate—Fight laziness. Do not be indifferent. Concentrate on your work.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	Fri.	☾	☾	7 22	5 05	rises	6 52	5 36	rises
2	Sat.	☾	☾	7 22	5 05	6 39	6 52	5 36	5 58
3	S.	☾	☾	7 22	5 05	7 13	6 52	5 36	6 43
4	M.	☾	☾	7 22	5 05	sets	6 52	5 36	sets
5	Tu.	☾	☾	7 17	5 12	8 16	6 49	5 40	8 16
6	W.	☾	☾	7 17	5 12	9 34	6 49	5 40	9 23
7	Th.	☾	☾	7 17	5 12	10 52	6 49	5 40	10 29
8	Fri.	☾	☾	7 17	5 12	12 08	6 49	5 40	11 34
9	Sat.	☾	☾	7 17	5 12	.....	6 49	5 40	.....
10	S.	☾	☾	7 10	5 19	1 21	6 45	5 44	0 37
11	M.	☾	☾	7 10	5 19	2 29	6 45	5 44	1 39
12	Tu.	☾	☾	7 10	5 19	3 30	6 45	5 44	2 36
13	W.	☾	☾	7 10	5 19	4 22	6 45	5 44	3 29
14	Th.	☾	☾	7 10	5 19	5 04	6 45	5 44	4 15
15	Fri.	☾	☾	7 03	5 26	5 38	6 41	5 48	4 56
16	Sat.	☾	☾	7 03	5 26	6 07	6 41	5 48	5 32
17	S.	☾	☾	7 03	5 26	6 30	6 41	5 48	6 04
18	M.	☾	☾	7 03	5 26	6 50	6 41	5 48	6 34
19	Tu.	☾	☾	7 03	5 26	rises	6 41	5 48	rises
20	W.	☾	☾	6 55	5 34	8 10	6 36	5 52	8 02
21	Th.	☾	☾	6 55	5 34	9 14	6 36	5 52	8 57
22	Fri.	☾	☾	6 55	5 34	10 20	6 36	5 52	9 52
23	Sat.	☾	☾	6 55	5 34	11 27	6 36	5 52	10 51
24	S.	☾	☾	6 55	5 34	.....	6 36	5 52	11 51
25	M.	☾	☾	6 47	5 40	rises	6 32	5 56	rises
26	Tu.	☾	☾	6 47	5 40	1 44	6 32	5 56	0 52
27	W.	☾	☾	6 47	5 40	2 47	6 32	5 56	1 53
28	Th.	☾	☾	6 47	5 40	3 43	6 32	5 56	2 51

\*For Longitude of 90° (St. Louis, Memphis and New Orleans).  
(Figures in Black face indicate P. M.)

## WEATHER WISDOM

To judge what the weather will be, you may rely upon signs that have proven dependable from long experience. A barometer will help but the best guide lies in the weather signs plainly written in the skies.

Local predictions based upon color of the sky and appearances of sun, moon or stars are really inferences drawn from observations of the atmosphere as appearances depend upon atmospheric conditions.

When the Pharisees asked Jesus to show them a sign from heaven, he said:

"When it is evening, ye say, It will be fair weather for the sky is red, and in the morning, it will be foul weather today, for the sky is red and lowering."

These sayings represent correct observations. A red morning implies a moist atmosphere, hence, rain later in the day. A red evening sky means the air contains so little moisture, rain within 24 hours is improbable.

If the evening sky along the western horizon is yellowish or greenish, there is little moisture in the air and the next day will be fair. If at evening the sky is overcast with gray, the atmosphere far aloft is saturated with moisture and the next day is likely to be rainy.

Rain dries and clears the air. Early morning rain often clears the atmosphere causing the weather to clear, hence: "Rain before seven, clear before eleven."

Smoke or dust makes the sun look red and the color is deepened by presence of moisture. A red sun suggests a damp atmosphere, promising rain, thus, "A red sun has water in his eye", and when "the sun sets weeping", one should look for rain.

The appearance of the moon depends upon atmospheric conditions and gives useful indications.

The pale moon doth rain.

The red moon doth blow,

The white moon doth neither rain or snow.

A pale moon implies thin clouds such as run ahead of a rainstorm, a red moon is caused by damp atmosphere, warning of a storm. A clear or white moon gives warning of frost because the earth's surface heat radiates rapidly into a cloudless night sky.

"The higher the clouds, the finer the weather", is usually true but cirrus clouds, highest of all, are forerunners of storms. Hence, the saying, "Mackerel scales and mares tails make lofty ships carry low sails."

If the stars look dim, there must be moisture in the air, promising rain. In general, a correct forecast is the saying:

(Continued on page 6)



their qualities as food condiments. They are blended and especially processed to produce a distinctive richness, mellowness, appetizing tang and characteristic deliciousness.

This rich flavorsome relish makes salads, sandwiches, eggs, meats, baked beans and vegetables more appetizing and foods you like taste better.

#### Ideal Fruit Pectin

Now you can make more jellies and jams and save trouble in making them jell firm and clear.

Some fruits lack natural pectin and do not readily turn into firm jellies but Ideal Fruit Pectin makes it possible to use any fruits or even flavored liquids for making jellies. Its use saves time, work and materials and makes possible a larger quantity of jelly from the same fruit.

#### Cream of Tartar

Rawleigh's Cream of Tartar is a pure, high quality food product that is useful for fine baking, cooking, pastries and candies. Packed in  $\frac{1}{4}$  pound cans with directions and recipes.

#### Shredded Coconut

Since fresh coconut is troublesome to prepare and cannot always be at hand, prepared coconut has become popular. It is a delectable addition to cakes, desserts and confections and is a nutritious food. Rawleigh's Shredded Coconut is the finest quality preserved by drying and prepared for keeping fresh and ready for use and suitable for all purposes. It is tender and delicious as well as convenient to use without troublesome grating. Rivals freshly grated coconut in taste and is economical and always available.



#### Pie Fillings

Delicious pies! Everybody likes them.

Pies that are easily, quickly and economically made and uniformly delectable help a woman to plan and prepare meals to please. Delicious puddings and cake fillings that are appetizing and easy to prepare give variety and interest to the diet. Such pies and desserts can be made from Rawleigh's Pie Fillings.

**Chocolate Flavored Pie Filling** is a concentrated, unsweetened, ready-to-use mixture that makes a better pie than can usually be prepared from materials on hand.

**Coconut Pie Filling** makes an especially tempting and nutritious pie. Thirty per cent of its weight is pure coconut. It also contains powdered egg and milk. Sugar and milk should be added.

#### Tapioca Dessert

A delightful, nutritious food is easily prepared with Rawleigh's Tapioca Dessert. It is a delicious mixture of prepared tapioca and other food ingredients with flavoring ready for use. Simply add milk and cook only eight minutes. Eggs and fruits may be added if desired. Each package will make 16 to 20 servings and contains recipes for coconut, apple, chocolate and fruit tapioca.

#### Celery Salt

Celery is a popular flavor in many dishes and the flavor is most pronounced in the seeds. Rawleigh's Celery Salt is made of finely ground celery seeds in pulverized salt. It is a popular seasoning to impart a savory taste to soups, stews, meats, dressings, salads, bouillons, croquettes, etc. It is economical and satisfying.



#### Fruit Nectars

Delicious, refreshing and healthful fruit drinks can easily be made with cold water, sugar, and Rawleigh's Fruit Nectars. They cost only about half as much as drinks made from fresh fruit and there is no bother.

**Orange Nectar** is prepared from the juice and pulp of tree-ripened Valencia oranges from California with finest Italian oil of orange, fruit acids and sugar added to improve the flavor. It makes a cooling, health-giving drink because it contains minerals, vitamins and natural flavor of fresh oranges. Can be used in frappé, sherbet, salads, puddings, pies, jellies and frozen desserts.

**Lemon Nectar** contains the pure pulp juice of sun-ripened California lemons with added natural oil of lemon and fruit acids. Just add one to two teaspoonfuls to a glass of iced water and sweeten to taste to make a drink few could tell from fresh lemonade.





## MARCH

The first month of the Roman year. Derived its name from Mars, the god of war.

Pisces, Fishes. Feet.

The ancient symbol of life after death. Here means the resumption of labor.

Gem—Bloodstone. Flower—Violet.

Virtue—Courage.

Traits to cultivate—Be loyal to friends. Learn the value of silence.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	Fri.	☾	♏	6 47	5 40	rises	6 32	5 56	3 44
2	Sat.	☾	♏	6 38	5 47	5 08	6 26	5 59	4 32
3	S.	☾	♏	6 38	5 47	5 39	6 26	5 59	5 14
4	M.	☾	♏	6 38	5 47	6 05	6 26	5 59	5 52
5	Tu.	☾	♏	6 38	5 47	6 30	6 26	5 59	6 29
6	W.	☾	♏	6 38	5 47	sets	6 26	5 59	sets
7	Th.	☾	♏	6 30	5 54	9 44	6 21	6 03	9 16
8	Fri.	☾	♏	6 30	5 54	11 02	6 21	6 03	10 22
9	Sat.	☾	♏	6 30	5 54	.....	6 21	6 03	11 26
10	S.	☾	♏	6 30	5 54	12 15	6 21	6 03	.....
11	M.	☾	♏	6 30	5 54	1 20	6 21	6 03	0 27
12	Tu.	☾	♏	6 20	6 01	2 16	6 15	6 06	1 23
13	W.	☾	♏	6 20	6 01	3 03	6 15	6 06	2 12
14	Th.	☾	♏	6 20	6 01	3 40	6 15	6 06	2 55
15	Fri.	☾	♏	6 20	6 01	4 09	6 15	6 06	3 33
16	Sat.	☾	♏	6 20	6 01	4 34	6 15	6 06	4 07
17	S.	☾	♏	6 11	6 07	4 56	6 09	6 09	4 37
18	M.	☾	♏	6 11	6 07	5 15	6 09	6 09	5 05
19	Tu.	☾	♏	6 11	6 07	5 33	6 09	6 09	5 32
20	W.	☾	♏	6 11	6 07	5 52	6 09	6 09	6 00
21	Th.	☾	♏	6 11	6 07	rises	6 09	6 09	rises
22	Fri.	☾	♏	6 02	6 14	9 18	6 03	6 12	8 45
23	Sat.	☾	♏	6 02	6 14	10 27	6 03	6 12	9 44
24	S.	☾	♏	6 02	6 14	11 34	6 03	6 12	10 45
25	M.	☾	♏	6 02	6 14	.....	6 03	6 12	11 45
26	Tu.	☾	♏	6 02	6 14	0 39	6 03	6 12	.....
27	W.	☾	♏	5 52	6 20	rises	5 57	6 15	rises
28	Th.	☾	♏	5 52	6 20	2 24	5 57	6 15	1 36
29	Fri.	☾	♏	5 52	6 20	3 03	5 57	6 15	2 24
30	Sat.	☾	♏	5 52	6 20	3 36	5 57	6 15	3 07
31	S.	☾	♏	5 52	6 20	4 04	5 57	6 15	3 45

☾ First Quar. ☾ Full Moon ☾ Last Quar. ☾ New Moon



## APRIL

Gets its name from the Latin verb Aperire (to open). It is the season of the opening of buds.

Aries, Ram. Head.

Derived from the first month of the Babylonians when rams were sacrificed.

Gem—Diamond. Flower—Daisy.

Virtue—Innocence.

Traits to cultivate—Have patience. Hold your temper. Persist in what you attempt.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	M.	☾	♏	5 43	6 26	rises	5 51	6 18	rises
2	Tu.	☾	♏	5 43	6 26	4 53	5 51	6 18	4 53
3	W.	☾	♏	5 43	6 26	5 17	5 51	6 18	5 33
4	Th.	☾	♏	5 43	6 26	5 44	5 51	6 18	sets
5	Fri.	☾	♏	5 43	6 26	sets	5 51	6 18	9 07
6	Sat.	☾	♏	5 34	6 33	11 02	5 45	6 21	10 11
7	S.	☾	♏	5 34	6 33	.....	5 45	6 21	11 11
8	M.	☾	♏	5 34	6 33	12 04	5 45	6 21	.....
9	Tu.	☾	♏	5 34	6 33	0 56	5 45	6 21	12 04
10	W.	☾	♏	5 34	6 33	1 37	5 45	6 21	0 50
11	Th.	☾	♏	5 24	6 39	2 10	5 39	6 24	1 31
12	Fri.	☾	♏	5 24	6 39	2 37	5 39	6 24	2 06
13	Sat.	☾	♏	5 24	6 39	3 00	5 39	6 24	2 37
14	S.	☾	♏	5 24	6 39	3 20	5 39	6 24	3 07
15	M.	☾	♏	5 24	6 39	3 38	5 39	6 24	3 35
16	Tu.	☾	♏	5 16	6 45	3 57	5 33	6 27	4 02
17	W.	☾	♏	5 16	6 45	4 16	5 33	6 27	4 30
18	Th.	☾	♏	5 16	6 45	4 38	5 33	6 27	5 01
19	Fri.	☾	♏	5 16	6 45	5 03	5 33	6 27	5 36
20	Sat.	☾	♏	5 16	6 45	rises	5 33	6 27	rises
21	S.	☾	♏	5 07	6 52	10 31	5 28	6 30	9 39
22	M.	☾	♏	5 07	6 52	11 31	5 28	6 30	10 38
23	Tu.	☾	♏	5 07	6 52	.....	5 28	6 30	11 32
24	W.	☾	♏	5 07	6 52	0 22	5 28	6 30	.....
25	Th.	☾	♏	5 07	6 52	1 03	5 28	6 30	0 21
26	Fri.	☾	♏	4 59	6 58	rises	5 23	6 33	rises
27	Sat.	☾	♏	4 59	6 58	2 03	5 23	6 33	1 43
28	S.	☾	♏	4 59	6 58	2 31	5 23	6 33	2 19
29	M.	☾	♏	4 59	6 58	2 54	5 23	6 33	2 54
30	Tu.	☾	♏	4 59	6 58	3 18	5 23	6 33	3 29

\*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

## WEATHER WISDOM

"When the stars begin to huddle  
The earth soon becomes a puddle".

Halos indicate bad weather impends. "The moon with a circle brings water in its beak" refers to a lunar halo. The solar halo is referred to in a Zuni proverb, "When the sun is in his house, it will rain soon". Such celestial phenomena indicate a damp atmosphere and give warning of storms.

A sundog on the south side of the sun at morning or night denotes a warm storm. When it is on the north side of the sun, it will be cooler. If it appears in mid-day very foul weather follows.

Evening red and morning gray  
Two sure signs of one fine day.

When the wind is in the north  
The old folk should not venture forth.

Lowering smoke brings foul weather,  
Creaking snow underfoot, clear weather.

Colder weather follows a fog.

Equinox—On the dates of the Vernal and Autumnal Equinox the length of the days and nights are exactly equal. These days are March 21 and September 23.

Westerly winds indicate fair weather.

Easterly winds bring rain.

Steady south to east winds bring rain within 36 hours.

Northeast winter winds bring snow followed by cold.

An opening and a shetting  
Is a sure sign of a wetting.

Fog in the morning, bright sunny day.

Low lying clouds about the horizon bring a storm.

If it rains and the sun is shining at the same time,  
the devil is whipping his wife and it will surely rain tomorrow.

If it clears off during the night, it will rain again shortly.

When a heavy cloud comes up in the southwest and seems to settle back, look out for a storm.

Three days rain will empty any skv.



# Rawleigh Quality Spices



The best spices the world grows are brought to your home as a part of the service of the Rawleigh Industries. The varieties and grades which long experience has proven give the best qualities and values from the world's best producing districts are carefully selected for their curing, cleaning and condition on arrival at the factories. Many carloads of the world's best crops are always in stock. On special mills, by the best manufacturing processes and in prime condition, they are properly prepared so they retain their rich oils and full piquant flavors and are promptly packed into practically air-tight cans. They are always fresh when shipped and what a difference in seasoning quality and value!

## Black Pepper

For a new idea in seasoning, smell Rawleigh's Black Pepper, rub it between thumb and finger and touch a bit to your tongue. Notice its appetizing aroma, firm granules and rich flavor without biting, smarting taste. It is granulated without crushing the tiny oil cells which would allow its fine flavor to be lost. It keeps its "pep" and only a little bit gives a zestful, spicy taste.

## Cinnamon

If you will test Rawleigh's Cinnamon the same as Pepper and notice its delightful, full, rich aroma, velvety smoothness, sweet, delicious flavor and great strength, you will wonder at its superiority. It comes from properly blending and preparing three choice varieties including the expensive Saigon Cinnamon and the sweet Padang Cassia. It costs but little more yet it's much better, goes farther and gives unusual satisfaction.

## Cloves

Properly prepared from big, rich, clean Madagascar cloves, the finest grown, Rawleigh's Cloves have a fragrant aroma and strength and richness of flavor that makes them most satisfactory in baking, pickles and catsups.

## Nutmeg

Prepared from select, oily, rich flavored nutmegs and ready for use without troublesome grating, Rawleigh's Nutmeg will give you best seasoning satisfaction.

## Ginger, Allspice, Mustard, Red Pepper

Ground from choice, sound, well seasoned ginger roots, pure Jamaica Allspice and cor-

rect blending of choice varieties of mustard seeds and red peppers. Rawleigh's ground Ginger, Allspice, Mustard and Red Pepper have rich, snappy flavor and full strength.

## Mixed Pickling Spices

In this mixture, 17 selected varieties of whole spices are blended for the most delightful flavor in spices.

## Sage

The world's finest variety, Dalmatian Sage, is specially prepared by Rawleigh's to retain its fine flavor and strength. It is much used for meat or poultry dressings and sausages.

## Try This Delicious Spice Cake

### Fig Cake

- ½ cup shortening
- 1 cup sugar
- 2 eggs
- 2 cups cake flour
- 1 tsp. Raw. Baking Powder
- ½ tsp. soda
- 1 tsp. salt
- ½ tsp. Rawleigh's Cinnamon
- ¼ tsp. Rawleigh's Cloves
- ½ cup sour milk
- 2 cups stewed or canned figs
- ½ cup fig juice
- 1 cup walnuts
- 1 tsp. Raw. Lemon Extract
- 1 tsp. Raw. Vanilla Extract
1. Cream shortening and add sugar gradually.
2. Add well beaten eggs.
3. Sift flour once before measuring.
4. Sift flour, soda, baking powder, salt and spices together and add alternately with sour milk.
5. Cut figs in half inch pieces and pack into cup measure. Add figs, nuts and flavoring last.
6. Bake 50 minutes at 350° in pan 9 inches square.





## MAY



The name comes from the Latin, Maia, the mother of the god Mercury. This month was referred to by the Romans as the growing month.  
Taurus, Bull. Neck.

The name of this sign is the result of the ancients' conception of the sun as a bull.  
Gem—Emerald. Flower—Hawthorn.  
Virtue—Success in love.  
Trait to cultivate—Always control yourself.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1 W.		☾	♊	4 51	7 04	rises	5 18	6 37	rises
2 Th.		☾	♊	4 51	7 04	4 12	5 18	6 37	4 45
3 Fri.		☾	♊	4 51	7 04	4 47	5 18	6 37	5 29
4 Sat.		☾	♊	4 51	7 04	sets	5 18	6 37	sets
5 S.		☾	♋	4 51	7 04	10 44	5 18	6 37	9 52
6 M.		☾	♋	4 44	7 10	11 31	5 14	6 40	10 42
7 Tu.		☾	♋	4 44	7 10	.....	5 14	6 40	11 26
8 W.		☾	♋	4 44	7 10	0 08	5 14	6 40	12 03
9 Th.		☾	♋	4 44	7 10	0 37	5 14	6 40	.....
10 Fri.		☾	♋	4 44	7 10	1 02	5 14	6 40	0 37
11 Sat.		☾	♋	4 37	7 16	1 23	5 10	6 43	1 07
12 S.		☾	♌	4 37	7 16	1 42	5 10	6 43	1 35
13 M.		☾	♌	4 37	7 16	2 01	5 10	6 43	2 03
14 Tu.		☾	♌	4 37	7 16	2 20	5 10	6 43	2 30
15 W.		☾	♌	4 37	7 16	2 40	5 10	6 43	3 01
16 Th.		☾	♌	4 31	7 22	3 04	5 07	6 46	3 34
17 Fri.		☾	♌	4 31	7 22	3 32	5 07	6 46	4 11
18 Sat.		☾	♌	4 31	7 22	rises	5 07	6 46	rises
19 S.		☾	♍	4 31	7 22	9 23	5 07	6 46	8 31
20 M.		☾	♍	4 31	7 22	10 18	5 07	6 46	9 27
21 Tu.		☾	♍	4 26	7 28	11 02	5 04	6 49	10 18
22 W.		☾	♍	4 26	7 28	11 39	5 04	6 49	11 03
23 Th.		☾	♍	4 26	7 28	.....	5 04	6 49	11 43
24 Fri.		☾	♍	4 26	7 28	0 09	5 04	6 49	.....
25 Sat.		☾	♍	4 26	7 28	0 35	5 04	6 49	0 20
26 S.		☾	♎	4 21	7 33	rises	5 01	6 52	rises
27 M.		☾	♎	4 21	7 33	1 21	5 01	6 52	1 28
28 Tu.		☾	♎	4 21	7 33	1 44	5 01	6 52	2 03
29 W.		☾	♎	4 21	7 33	2 11	5 01	6 52	2 40
30 Th.		☾	♎	4 21	7 33	2 43	5 01	6 52	3 22
31 Fri.		☾	♎	4 18	7 37	3 21	5 00	6 55	4 08

☾ First Quar. ☾ Full Moon ☾ Last Quar. ☾ New Moon

## JUNE



Named after Juno, the wife of Jupiter and queen of heaven, worshipped by women because she presided over marriages.  
Gemini, Twins. Shoulders.

Refers to Romulus and Remus who, reared by a wolf, founded Rome.  
Gem—Chalcedony. Flower—Honeysuckle.  
Virtue—Health and long life.  
Traits to cultivate—Be self-reliant. Do not give way to restlessness.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1 Sat.		☾	♏	4 18	7 37	rises	5 00	6 55	rises
2 S.		☾	♏	4 18	7 37	sets	5 00	6 55	sets
3 M.		☾	♏	4 18	7 37	10 04	5 00	6 55	9 19
4 Tu.		☾	♏	4 18	7 37	10 37	5 00	6 55	10 00
5 W.		☾	♏	4 15	7 42	11 04	4 59	6 58	10 35
6 Th.		☾	♏	4 15	7 42	11 26	4 59	6 58	11 06
7 Fri.		☾	♏	4 15	7 42	11 46	4 59	6 58	11 35
8 Sat.		☾	♏	4 15	7 42	.....	4 59	6 58	.....
9 S.		☾	♐	4 15	7 42	0 04	4 59	6 58	12 03
10 M.		☾	♐	4 13	7 45	0 23	4 58	7 00	0 30
11 Tu.		☾	♐	4 13	7 45	0 42	4 58	7 00	0 59
12 W.		☾	♐	4 13	7 45	1 04	4 58	7 00	1 30
13 Th.		☾	♐	4 13	7 45	1 31	4 58	7 00	2 06
14 Fri.		☾	♐	4 13	7 45	2 04	4 58	7 00	2 47
15 Sat.		☾	♐	4 12	7 48	2 45	4 58	7 02	3 35
16 S.		☾	♑	4 12	7 48	3 38	4 58	7 02	4 31
17 M.		☾	♑	4 12	7 48	rises	4 58	7 02	rises
18 Tu.		☾	♑	4 12	7 48	9 38	4 58	7 02	9 00
19 W.		☾	♑	4 12	7 48	10 11	4 58	7 02	9 43
20 Th.		☾	♑	4 13	7 50	10 38	4 59	7 04	10 21
21 Fri.		☾	♑	4 13	7 50	11 03	4 59	7 04	10 56
22 Sat.		☾	♑	4 13	7 50	11 26	4 59	7 04	11 30
23 S.		☾	♒	4 13	7 50	11 49	4 59	7 04	.....
24 M.		☾	♒	4 13	7 50	.....	4 59	7 04	12 05
25 Tu.		☾	♒	4 14	7 50	rises	5 00	7 04	rises
26 W.		☾	♒	4 14	7 50	0 44	5 00	7 04	1 19
27 Th.		☾	♒	4 14	7 50	1 19	5 00	7 04	2 00
28 Fri.		☾	♒	4 14	7 50	2 02	5 00	7 04	2 52
29 Sat.		☾	♒	4 14	7 50	2 53	5 00	7 04	3 45
30 S.		☾	♓	4 16	7 50	3 52	5 01	7 05	4 42

\*For Longitude of 90° (St. Louis, Memphis and New Orleans).  
(Figures in Black face indicate P. M.)

## WEATHER WISDOM

Sun drawing water, sure sign of rain.

Evening red and morning gray  
Sends the traveler on his way.  
Evening gray and morning red  
Sends the traveler home to bed.

If stars look dim, look out for rain.

Roosters crowing in the night usually indicate a coming change in the weather.

Rain may be expected when fish bite readily and swim near the surface.

Cloud streamers pointing upward indicate rain, when they point downward, look for dry weather.

Before wet weather, cats are usually restless and rub themselves a great deal behind the ears.

One crow flying alone is a sign of foul weather. If crows fly in pairs, expect fine weather.

When bees hang around the hives instead of setting out to gather honey, a storm is indicated.

When the wind is in the north  
The skillful fisher goes not forth.

When the wind is in the east  
'Tis good for neither man nor beast.

When the wind is in the south,  
It blows the flies in the fishes' mouth.

When the wind is in the west,  
There it is the very best.—Isaac Walton.

A heavy dew indicates clear weather. Dew does not fall. The surface of the earth, grass, stones, etc., radiate heat on clear nights faster than the surrounding air. Moisture in the air is then condensed on the cooled surfaces as moisture condenses on cold water pipes in sultry weather. When the pump or pitcher of cold water "sweats" the atmosphere is humid and rain may follow. Frost is formed in the same manner as dew when the temperature of the ground or surface on which it forms is below freezing.



# Flavoring Extracts



Dainty desserts, cakes and ice creams can only be most satisfying when the flavors they contain possess the naturalness, richness and delicacy of highest quality. Your highest expectations will be realized in Rawleigh's Extracts and Flavors.

The choicest materials, experience and skill in compounding, improved equipment and methods, and long aging to bring out a ripe mellowness of flavor and aroma produce in Rawleigh Extracts unusual strength and rich, natural, lasting flavor.

## Vanilla Compound

Only sound, sweet, well-cured vanilla of good quality from the best producing districts and planters and curers is accepted at Rawleigh's. Thorough manufacturing processes extract the strength and richness of fine vanilla beans and the extract is aged and mellowed for months to bring out its richness and delicacy of flavor and aroma. Rawleigh's Compound Extract of Vanilla, Vanillin and Coumarin combines the richness of true Bourbon Vanilla with added strength and better resistance to heat or cold. It goes farther than most flavors and there is great satisfaction and economy in its strength and smooth, mellow flavor.

## Vanillin and Coumarin Flavor

This pure, clear, wholesome flavor often called white vanilla is preferred by some for white cakes, icings and baking. It costs less and produces a stronger flavor that is not lost in the heat of baking in hot ovens.

## Lemon Extract

Made from the finest oil of lemon, Rawleigh's Lemon Extract gives a natural fruity flavor because of its superior quality and full standard strength.



## Orange Extract

Highest quality natural flavor made from finest oil of orange, full standard strength.

## Mixed Flavor

A delicious blend of pure extracts of Vanilla, Lemon, Orange and Cassia that gives a delightful variety in desserts.

## Almond, Wintergreen, Peppermint

True high quality extracts made from finest natural oils of almond, wintergreen and double distilled American peppermint oil for flavoring cakes, desserts, ice creams, candies, icings, etc. Wintergreen and Peppermint also for medicinal use.

## Walnut and Maple Flavors

These synthetically made flavors are popular in cakes, icings, ice creams, candies, etc.

A syrup rivaling true maple can be made at low cost by adding Maple Flavoring to sugar syrup.

## Strawberry, Pineapple, Banana

Since there are no essential oils of these fruits, these popular flavors are made synthetically to give a fruity taste and added variety to cakes, desserts and ice creams. They are concentrated, economical and satisfying

## Red and Yellow Color Solutions

Safe, certified colors for attractively tinting cakes, icings, candies, sherbets, jellies, desserts, or beverages.

# TRY THIS NEW RECIPE!

## Gold and Silver Angel Food

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 1/4 cup egg whites            | 4 egg yolks                           |
| 1 tsp. Rawleigh's Cr. of Tartar | 2 tablespoons flour                   |
| 1 1/2 cup granulated sugar      | 1 teaspoon Rawleigh's Lemon Extract   |
| 1/4 tsp. salt                   | 1 teaspoon Rawleigh's Vanilla Extract |
| 1 cup cake flour                |                                       |
1. Beat egg whites with flat whip.
  2. Add Cream of Tartar and salt when egg whites are frothy.
  3. Continue beating just until a point of egg whites will stand upright.
  4. Gradually beat in 1 cup of the sugar which has been sifted twice.
  5. Sift flour once before measuring.
  6. Cut and fold in the flour sifted 3 times with the remaining half cup sugar.
  7. Divide batter in two.
  8. To one half the batter add the very well beaten egg yolks, the 2 tablespoons flour and Lemon Extract, folding them in.
  9. To the white batter add the Vanilla.
  10. Put into ungreased tube center pan by spoonfuls alternating colors.
  11. Cut through batter with a knife to break large air bubbles and bake.
  12. Invert pan until entirely cold then loosen carefully with a spatula.
  13. Bake 1 hour—325° F. slow oven.
  - 1/2 tsp. Rawleigh's Almond flavor may be substituted for the Lemon if desired.





# JULY

Named by Julius Caesar, the great Roman general and statesman who was born on the twelfth of this month and who improved the calendar.  
Cancer, Crab. Breast.

In this sign the retreat of the sun, or its apparent backward motion in the Zodiac is associated with the backward motion of a crab.

Gem—Ruby. Flower—Water Lily.

Virtue—Contentment.

Traits to cultivate—Persist and do not lose heart. Respect opinions of others.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	M.	☉	☾	4 16	7 50	sets	5 01	7 05	sets
2	Tu.	☉	☾	4 16	7 50	9 05	5 01	7 05	8 33
3	W.	☉	☾	4 16	7 50	9 29	5 01	7 05	9 06
4	Th.	☉	☾	4 16	7 50	9 50	5 01	7 05	9 36
5	Fri.	☉	☾	4 19	7 50	10 09	5 03	7 05	10 04
6	Sat.	☉	☾	4 19	7 50	10 27	5 03	7 05	10 31
7	S.	☉	☾	4 19	7 50	10 46	5 03	7 05	10 59
8	M.	☉	☾	4 19	7 50	11 07	5 03	7 05	11 29
9	Tu.	☉	☾	4 19	7 50	11 31	5 03	7 05	.....
10	W.	☉	☾	4 22	7 45	12 00	5 06	7 00	12 02
11	Th.	☉	☾	4 22	7 45	.....	5 06	7 00	0 39
12	Fri.	☉	☾	4 22	7 45	0 37	5 06	7 00	1 23
13	Sat.	☉	☾	4 22	7 45	1 23	5 06	7 00	2 15
14	S.	☉	☾	4 22	7 45	2 22	5 06	7 00	3 15
15	M.	☉	☾	4 26	7 45	3 32	5 08	7 03	4 21
16	Tu.	☉	☾	4 26	7 45	rises	5 08	7 03	rises
17	W.	☉	☾	4 26	7 45	8 40	5 08	7 03	8 18
18	Th.	☉	☾	4 26	7 45	9 06	5 08	7 03	8 56
19	Fri.	☉	☾	4 26	7 45	9 30	5 08	7 03	9 31
20	Sat.	☉	☾	4 31	7 41	9 54	5 11	7 01	10 06
21	S.	☉	☾	4 31	7 41	10 19	5 11	7 01	10 41
22	M.	☉	☾	4 31	7 41	10 47	5 11	7 01	11 20
23	Tu.	☉	☾	4 31	7 41	11 20	5 11	7 01	.....
24	W.	☉	☾	4 31	7 41	.....	5 11	7 01	12 02
25	Th.	☉	☾	4 36	7 36	rises	5 14	6 58	rises
26	Fri.	☉	☾	4 36	7 36	0 48	5 14	6 58	1 40
27	Sat.	☉	☾	4 36	7 36	1 44	5 14	6 58	2 35
28	S.	☉	☾	4 36	7 36	2 46	5 14	6 58	3 32
29	M.	☉	☾	4 36	7 36	3 50	5 14	6 58	4 30
30	Tu.	☉	☾	4 42	7 30	4 56	5 17	6 55	5 28
31	W.	☉	☾	4 42	7 30	sets	5 17	6 55	sets

☾ First Quar. ☉ Full Moon ☾ Last Quar. ☉ New Moon

Heat is not radiated away from surfaces so fast when it is cloudy or the air humid nor is the perspiration evaporated so readily from the body. Evaporation reduces temperature and is cooling. When the humidity is high, heat is more oppressive. When the air is heavily charged with moisture, the surface of the earth is not cooled so fast and dew or frost is not formed.

Sudden heat brings thunder.

A storm that comes against the wind is always a thunderstorm.

Bats flying late in the evening indicate fair weather.

Chickens oiling their feathers indicate wet weather.

When the dew is on the grass,  
Rain will never come to pass.  
When grass is dry at morning light,  
Look for rain before night.

A deep clear sky of fleckless blue breeds storms within a day or two.



# AUGUST

Named by Augustus Caesar, the first Roman emperor, he having been made a consul in this month. He took a day from February so that his month would not be

shorter than July, named for Julius Caesar.  
Leo, Lion. Heart.

The lion was the ancient symbol of heat, here used to indicate the hottest month.

Gem—Sardonyx. Flower—Poppy.

Virtue—Conjugal felicity.

Traits to cultivate—Do not borrow. Plan carefully. Keep calm.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	Th.	☉	☾	4 42	7 30	sets	5 17	6 55	sets
2	Fri.	☉	☾	4 42	7 30	8 33	5 17	6 55	8 34
3	Sat.	☉	☾	4 42	7 30	8 52	5 17	6 55	9 01
4	S.	☉	☾	4 47	7 24	9 11	5 20	6 52	9 30
5	M.	☉	☾	4 47	7 24	9 33	5 20	6 52	10 01
6	Tu.	☉	☾	4 47	7 24	9 59	5 20	6 52	10 36
7	W.	☉	☾	4 47	7 24	10 32	5 20	6 52	11 16
8	Th.	☉	☾	4 47	7 24	11 13	5 20	6 52	.....
9	Fri.	☉	☾	4 53	7 17	.....	5 23	6 48	12 03
10	Sat.	☉	☾	4 53	7 17	12 04	5 23	6 48	0 57
11	S.	☉	☾	4 53	7 17	1 08	5 23	6 48	1 59
12	M.	☉	☾	4 53	7 17	2 22	5 23	6 48	3 06
13	Tu.	☉	☾	4 53	7 17	3 42	5 23	6 48	4 17
14	W.	☉	☾	4 59	7 10	5 05	5 26	6 43	5 28
15	Th.	☉	☾	4 59	7 10	rises	5 26	6 43	rises
16	Fri.	☉	☾	4 59	7 10	7 56	5 26	6 43	8 03
17	Sat.	☉	☾	4 59	7 10	8 22	5 26	6 43	8 39
18	S.	☉	☾	4 59	7 10	8 50	5 26	6 43	9 18
19	M.	☉	☾	5 05	7 02	9 22	5 29	6 38	10 00
20	Tu.	☉	☾	5 05	7 02	10 00	5 29	6 38	10 46
21	W.	☉	☾	5 05	7 02	10 46	5 29	6 38	11 37
22	Th.	☉	☾	5 05	7 02	11 39	5 29	6 38	.....
23	Fri.	☉	☾	5 05	7 02	.....	5 29	6 38	0 31
24	Sat.	☉	☾	5 11	6 53	rises	5 32	6 33	rises
25	S.	☉	☾	5 11	6 53	1 42	5 32	6 33	2 25
26	M.	☉	☾	5 11	6 53	2 47	5 32	6 33	3 22
27	Tu.	☉	☾	5 11	6 53	3 52	5 32	6 33	4 17
28	W.	☉	☾	5 11	6 53	4 55	5 32	6 33	5 11
29	Th.	☉	☾	5 17	6 45	.....	5 34	6 27	6 37
30	Fri.	☉	☾	5 17	6 45	sets	5 34	6 27	7 05
31	Sat.	☉	☾	5 17	6 45	7 17	5 34	6 27	7 42

\*For Longitude of 90° (St. Louis, Memphis and New Orleans),  
(Figures in Black face indicate P. M.)

## WEATHER WISDOM

If metal plates and dishes and glasses containing cold liquids sweat, look out for bad weather.

Heavy flights of wild geese and ducks from the north indicate approaching cold weather.

Blue sky in the northwest is a sign of approaching clear weather.

A shrinking ring around the moon indicates rain.

Bright and unusual colors at sunset and hard, sharply outlined clouds bring rain and often wind.

Red sky at morning, the shepherd takes warning.  
Red sky at night, is the shepherd's delight.

If the sun goes down cloudy Friday, sure of a clear Sunday.

If a rooster crows standing on a fence or high place, it will clear. If on the ground, it doesn't count.





## Cosmetics & Toiletries

**PROPER** use of toilet accessories add to comfort and beauty and protect against the wear and tear of time and exposure. A soothing freshening cream is frequently needed for irritated skin, chaps, chafing, sunburn, tan, etc., and to protect and give tone to skin and complexion. Powders soothe and give daintiness to the skin and add to personal attractiveness.

You'll find satisfaction and quality in Rawleigh toiletries and variety to suit every need and taste. However much you pay, there are no more useful aids to beauty, daintiness, and charm and they give you the best values obtainable in fine toiletries. The newest and finest are offered in distinctive lines each with a harmony of style and fragrance so that used together they give one distinctive effect.

### Cold Creams

Four Rawleigh Cold Creams give fine selection. Florencia Cold Cream is a heavy, rich cream to act as protection against exposure, after cleansing and as a powder base. Florencia Lemon Cream is a whitening cream to freshen skin and complexion. La Jaynees Cream is delicately tinted and penetrating and gives a natural freshness to the skin and clears and protects the complexion. Then there's a Rawleigh Cold Cream of good quality for all purposes and a large value, in two sizes.

### Five Complexion Powders

1. Ye English Lavender Complexion Powder, our latest improvement, is a clinging, blending, protective face powder that enhances natural charm and daintiness.

2. La Jaynees Poudre seems to melt magically into the skin to impart a rare depth and transparency.

3. Florencia Complexion Powder clings and blends intimately and imparts a glow of vivacity and sweet romantic French fragrance.

4. Brown Beauty Powder is for dark skinned people and those who want a sun-tan shade.

5. A Rawleigh Complexion Powder pleases the average individual and is a good quality and value.

### Two Cleansing Creams

Ye English Lavender Cleansing Cream is a liquid cold cream, penetrating, softening and freshening to the skin.

Florencia Cleansing Cream is a light, quick melting, penetrating cream for cleansing the pores, removing make-up and keeping the skin soft, clear and enlivened.

### Lotions

Florencia Lemon Lotion is a liquid skin freshener for roughness, tan and sunburn.

La Jaynees Almond Lotion is a skin restorative for dryness, roughness and effects of exposure.

La Jaynees Ideal Lotion is a bracing astringent and conditioner to freshen the skin and to use after shaving.

Face Lotion is an almond cream that helps to keep the skin, soft, smooth and elastic. Is not greasy or sticky.

Sweet Clover is a lotion to freshen and soothe the skin, and protect and improve the complexion.

### Vanishing Cream

This dainty greaseless day cream is quickly absorbed. It softens, soothes and protects the skin and makes a good powder base.

### Bath or Body Powder

Florencia Poudre Toilette is a dainty powder with a big soft velour puff. Has a very sweet fragrance.

### Compact Powder

La Jaynees line powder in cake form for re-touching facial make-up.

### Rouge

A dainty compact in the La Jaynees line to heighten color and give a charming touch to facial beauty.

### Lipstick

A transparent application to give lips a lasting, natural brightness that blends with the complexion and to keep them soft and smooth. La Jaynees line.







# SEPTEMBER

This name is derived from the Latin word Septem (seven) as this was the seventh month of the old Roman year.

Virgo, Virgin. Bowels.

This sign commemorates a Babylonian myth of Ishtar.

Gem—Chrysolite. Flower—Morning Glory.

Virtue—Antidote to madness.

Traits to cultivate—Be orderly. Respect a confidence. Do not meddle or criticize.



# OCTOBER

From the Latin word Octem (eight). By the adding of January and February it became the tenth month but kept its name.

Libra, The Balance. Loins.

This sign represents equal days and nights.

Gem—Aquamarine. Flower—Hop.

Virtue—Hope.

Traits to cultivate—Forget hard knocks. Be enthusiastic in your work. Concentrate.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1 S.		☉	♍	5 17	6 45	sets	5 34	6 27	sets
2 M.		☉	♍	5 17	6 45	8 03	5 34	6 27	8 36
3 Tu.		☉	♍	5 23	6 36	8 32	5 37	6 21	9 13
4 W.		☉	♍	5 23	6 36	9 09	5 37	6 21	9 57
5 Th.		☉	♍	5 23	6 36	9 55	5 37	6 21	10 47
6 Fri.		☉	♍	5 23	6 36	10 52	5 37	6 21	11 43
7 Sat.		☉	♍	5 23	6 36	11 58	5 37	6 21	.....
8 S.		☉	♍	5 29	6 26	.....	5 40	6 15	0 47
9 M.		☉	♍	5 29	6 26	1 14	5 40	6 15	1 54
10 Tu.		☉	♍	5 29	6 26	2 34	5 40	6 15	3 03
11 W.		☉	♍	5 29	6 26	3 56	5 40	6 15	4 13
12 Th.		☉	♍	5 29	6 26	5 18	5 40	6 15	5 23
13 Fri.		☉	♍	5 35	6 17	rises	5 43	6 09	rises
14 Sat.		☉	♍	5 35	6 17	6 49	5 43	6 09	7 12
15 S.		☉	♍	5 35	6 17	7 21	5 43	6 09	7 55
16 M.		☉	♍	5 35	6 17	7 57	5 43	6 09	8 40
17 Tu.		☉	♍	5 35	6 17	8 41	5 43	6 09	9 31
18 W.		☉	♍	5 41	6 07	9 33	5 46	6 03	10 25
19 Th.		☉	♍	5 41	6 07	10 32	5 46	6 03	11 22
20 Fri.		☉	♍	5 41	6 07	11 35	5 46	6 03	.....
21 Sat.		☉	♍	5 41	6 07	.....	5 46	6 03	0 20
22 S.		☉	♍	5 41	6 07	0 40	5 46	6 03	1 17
23 M.		☉	♍	5 47	5 58	1 44	5 48	5 57	2 13
24 Tu.		☉	♍	5 47	5 58	2 48	5 48	5 57	3 07
25 W.		☉	♍	5 47	5 58	3 50	5 48	5 57	4 00
26 Th.		☉	♍	5 47	5 58	rises	5 48	5 57	rises
27 Fri.		☉	♍	5 47	5 58	5 53	5 48	5 57	5 45
28 Sat.		☉	♍	5 53	5 48	sets	5 51	5 50	sets
29 S.		☉	♍	5 53	5 48	6 08	5 51	5 50	6 39
30 M.		☉	♍	5 53	5 48	6 36	5 51	5 50	7 15

☾ First Quar. ☽ Full Moon ☿ Last Quar. ☊ New Moon

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1 Tu.		☉	♍	5 53	5 48	sets	5 51	5 50	sets
2 W.		☉	♍	5 53	5 48	7 52	5 51	5 50	8 43
3 Th.		☉	♍	5 59	5 39	8 45	5 54	5 44	9 36
4 Fri.		☉	♍	5 59	5 39	9 46	5 54	5 44	10 35
5 Sat.		☉	♍	5 59	5 39	10 56	5 54	5 44	11 38
6 S.		☉	♍	5 59	5 39	.....	5 54	5 44	.....
7 M.		☉	♍	5 59	5 39	12 12	5 54	5 44	0 45
8 Tu.		☉	♍	6 05	5 30	1 30	5 57	5 38	1 52
9 W.		☉	♍	6 05	5 30	2 49	5 57	5 38	3 00
10 Th.		☉	♍	6 05	5 30	4 09	5 57	5 38	4 08
11 Fri.		☉	♍	6 05	5 30	5 30	5 57	5 38	5 17
12 Sat.		☉	♍	6 05	5 30	rises	5 57	5 38	rises
13 S.		☉	♍	6 12	5 21	5 51	6 00	5 33	6 30
14 M.		☉	♍	6 12	5 21	6 33	6 00	5 33	7 19
15 Tu.		☉	♍	6 12	5 21	7 24	6 00	5 33	8 14
16 W.		☉	♍	6 12	5 21	8 21	6 00	5 33	9 12
17 Th.		☉	♍	6 12	5 21	9 24	6 00	5 33	10 11
18 Fri.		☉	♍	6 18	5 12	10 29	6 03	5 27	11 09
19 Sat.		☉	♍	6 18	5 12	11 35	6 03	5 27	.....
20 S.		☉	♍	6 18	5 12	.....	6 03	5 27	12 06
21 M.		☉	♍	6 18	5 12	0 39	6 03	5 27	1 01
22 Tu.		☉	♍	6 18	5 12	1 41	6 03	5 27	1 55
23 W.		☉	♍	6 25	5 04	2 43	6 06	5 22	2 47
24 Th.		☉	♍	6 25	5 04	3 45	6 06	5 22	3 40
25 Fri.		☉	♍	6 25	5 04	4 48	6 06	5 22	4 33
26 Sat.		☉	♍	6 25	5 04	rises	6 06	5 22	rises
27 S.		☉	♍	6 25	5 04	sets	6 06	5 22	sets
28 M.		☉	♍	6 32	4 56	.....	6 10	5 17	5 56
29 Tu.		☉	♍	6 32	4 56	5 53	6 10	5 17	6 41
30 W.		☉	♍	6 32	4 56	6 42	6 10	5 17	7 33
31 Th.		☉	♍	6 32	4 56	7 40	6 10	5 17	8 30

\*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

## WEATHER WISDOM

The low, sponge-shaped cloud generally is absorbed by the air and is not an indicator of rain.

If the early morning is cloudy but the clouds soon break up, a fine day will follow.

That bees put up more honey before a hard winter, squirrels gather more nuts, or muskrats build thicker huts, and that a thick goose-bone, a thick onion skin, a thick corn husk and a thick nut shell indicate a cold winter to come are ideas that are not borne out by careful observations over periods of years. Such things usually are due to conditions earlier during the growing period.

What causes frost? When the air is clear and relatively low in moisture content, blades of grass, stones and other objects radiate their heat at night faster than heat is radiated to them by the surrounding still air. Their temperature, therefore, falls below freezing and the moisture in the air congeals into frost on their surfaces.

All storms are progressive, i. e., the entire storm area moves. This motion is in a general easterly direction except in the tropical storms which generally pass north.

1. When the temperature falls suddenly, there is a storm forming south of you. 2. When the temperature rises suddenly, there is a storm forming north of you. 3. The wind always blows from a region of fair weather toward a region where a storm is forming. 4. Cirrus clouds always move from a region where a storm is in progress towards a region of fair weather. 5. Cumulus clouds always move from a region where a storm is forming. 6. When cirrus clouds are moving rapidly from the north or northeast there will be rain within twenty-four hours no matter how cold it is. 7. When cirrus clouds are moving rapidly from the south or southeast there will be a cold hailstorm on the morrow if it be in the summer, and if it be in the winter there will be a snow storm. 8. The wind always blows in a circle around a storm, and when it blows from the north the heaviest rain is east of you; if it blows from the south, the heaviest rain is west of you; if it blows from the east, the heaviest rain is south. 9. The wind never blows unless rain or snow is falling within 1,000 miles of you. 10. Whenever heavy white frost occurs, a storm is forming within 1,000 miles north or northwest of you.



### Brilliantine

A dressing to give softness and luster to the hair and to aid in combing and keeping it in place. La Jaynees line.

### Wave Set

A liquid compound in our Lavender line for setting and retaining finger-waving in the hair. Makes attractive hair dressing easy at home.

### Perfume

The concentrated French fragrance that harmonizes the La Jaynees line and radiates a spirit of springtime and youth.

### Toilet Water

A stimulating, astringent lotion to be used more freely than La Jaynees Perfume.

### Talcum Powders

Talcum powders soothe and give comfort and daintiness to the skin, protect against exposure and effects of perspiration, and are cooling and refreshing. All Rawleigh Talcums are made from soft, smooth tale of impalpable fineness borated to make them soothing, cooling and deodorizing and made fragrant with perfumes from natural flower oils and high grade materials.

**Ye English Lavender Talcum Powder** is velvety soft with unusual clinging qualities and expensive natural flower fragrance.

**Florescia and La Jaynees Talcs** are fine qualities with fragrance to harmonize with other toiletries of the same lines.

**Talcum and Baby Powder** is a fine borated powder originally designed for babies.

**Violet Talcum** is a half-pound can of tale with the scent of fresh violets.

**Good Health Talcum** is a big pound can of fragrant soothing powder for nursery and large families.

### Rose Pomade

This fragrant, soothing application is useful for skin irritations and in the care of scalp and hair, and for removing dandruff.

### Two Scalp and Hair Tonics

A high quality quinine tonic and dressing to stimulate scalp and hair, and also a preparation compounded of ingredients recognized as most beneficial to scalp and hair as a dandruff remover and corrective of itching conditions. Both luxurious hair-dressings.



## Soaps, Shampoo & Shaving Cream



The finest quality of materials are used in Rawleigh Toilet Soaps. All the natural glycerine is retained making them soothing with their smooth, soft lather. They lather freely, break the hardness of water and are unusually cleansing and refreshing.

**Vegetable Oil Soap** is a pure white soap that lathers freely in hard water. **Economy Soap** is similar but packed 12 bars in a carton without wrappers. **Cocopalm** is a pink and white mottled soap.

**Lemon Cocoa.** A fragrant lemon-colored soap containing fresh natural oil of lemon. Excellent for removing skin secretions and body odors. Unusually large bars.

**Olive and Palm.** A new free-lathering, cleansing soap containing olive, palm and coconut oils. It is hard, firm and long wearing and gentle and soothing to the skin. 12 bars in a carton.

**Good Health Medicated.** A high quality, mild, cleansing, facial, complexion and baby soap especially beneficial and soothing to the skin. A single bar in a carton.

**Pine Tar.** Beneficial to skin and scalp and soothing for skin disorders and irritations. Unusually fine quality.

**Shaving Soap.** For the shaving mug. Makes a creamy, lasting lather. Extra quality and value.

### Shaving Cream

Men cheerfully shave oftener with Rawleigh Shaving Cream. It makes a smooth, lasting lather that prepares the face and beard so the razor cuts smoothly. La Jaynees Shaving Cream is a richer, heavier cream mentholated to make it cooling and soothing.

### Coconut Oil Shampoo

A liquid shampoo made from properly saponified coconut oil with castor and lemon oil recognized as beneficial to the hair. Its rich, penetrating lather cleanses scalp, hair and pores, removes dandruff and leaves the scalp invigorated and the hair soft and lustrous.





## NOVEMBER

From the Latin word Novem (nine). November was the ninth month until January and February were added to the Roman year.

Scorpio, Scorpion. Privates.

Represents the darkness with the sun's decline after the autumnal equinox.

Gem—Topaz. Flower—Chrysanthemum.

Virtue—Fidelity.

Traits to cultivate—Stand erect. Respect yourself. Do not carry gossip.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	Fri.	☉	♏	6 32	4 56	sets	6 10	5 17	sets
2	Sat.	☉	♏	6 38	4 48	9 59	6 14	5 13	10 35
3	S.	☉	♏	6 38	4 48	11 14	6 14	5 13	11 40
4	M.	☉	♏	6 38	4 48	.....	6 14	5 13	.....
5	Tu.	☉	♏	6 38	4 48	0 29	6 14	5 13	0 45
6	W.	☉	♏	6 38	4 48	1 46	6 14	5 13	1 50
7	Th.	☉	♏	6 45	4 42	3 04	6 18	5 09	2 57
8	Fri.	☉	♏	6 45	4 42	4 23	6 18	5 09	4 04
9	Sat.	☉	♏	6 45	4 42	5 43	6 18	5 09	5 13
10	S.	☉	♏	6 45	4 42	7 03	6 18	5 09	6 23
11	M.	☉	♏	6 45	4 42	rises	6 18	5 09	rises
12	Tu.	☉	♏	6 52	4 36	6 05	6 22	5 06	6 56
13	W.	☉	♏	6 52	4 36	7 08	6 22	5 06	7 56
14	Th.	☉	♏	6 52	4 36	8 15	6 22	5 06	8 57
15	Fri.	☉	♏	6 52	4 36	9 21	6 22	5 06	9 55
16	Sat.	☉	♏	6 52	4 36	10 27	6 22	5 06	10 52
17	S.	☉	♏	6 59	4 30	11 31	6 26	5 04	11 47
18	M.	☉	♏	6 59	4 30	.....	6 26	5 04	.....
19	Tu.	☉	♏	6 59	4 30	0 33	6 26	5 04	0 40
20	W.	☉	♏	6 59	4 30	1 34	6 26	5 04	1 32
21	Th.	☉	♏	6 59	4 30	2 36	6 26	5 04	2 25
22	Fri.	☉	♏	7 06	4 26	3 39	6 30	5 02	3 19
23	Sat.	☉	♏	7 06	4 26	4 44	6 30	5 02	4 14
24	S.	☉	♏	7 06	4 26	5 49	6 30	5 02	5 11
25	M.	☉	♏	7 06	4 26	6 55	6 30	5 02	6 10
26	Tu.	☉	♏	7 06	4 26	sets	6 30	5 02	sets
27	W.	☉	♏	7 12	4 22	5 34	6 34	5 00	6 24
28	Th.	☉	♏	7 12	4 22	6 40	6 34	5 00	7 25
29	Fri.	☉	♏	7 12	4 22	7 50	6 34	5 00	8 29
30	Sat.	☉	♏	7 12	4 22	9 04	6 34	5 00	9 33

☉ First Quar. ☉ Full Moon ☉ Last Quar. ☉ New Moon

According to old time weather prophets, Indian Summer always comes in November. The days are then warm and hazy.

Squaw Winter is a cold snap in October or November that always precedes Indian Summer.

Old Major Randall's definition of Indian Summer was that it is the first warm spell after the first Squaw Winter.

Big snowflakes denote a short storm.

When the scent of your pipe is retained longer than usual, it often forbodes a storm.

Touches of rheumatism are felt most severely before or during stormy weather.

The machinery of the atmosphere is run by solar heat. The sun is the only heavenly body that has any control over the weather.

Science has not yet discovered any method of predicting the weather accurately for more than a few days in advance.



## DECEMBER

Formerly the tenth month of the Roman year, the name, December, being from Latin, Decem (ten). Sagittarius, Archer. Thighs.

This sign was named after the Babylonian god of war, a horse-man archer.

Gem—Turquoise. Flower—Holly.

Virtue—Prosperity.

Traits to cultivate—Give few confidences. Be enterprising and foresighted.

DAY OF MONTH	DAY OF WEEK	Light and Dark of Moon	MOON'S CONST.	LATITUDE OF 45° (LEVEL MINNEAPOLIS)			LATITUDE OF 30° (APPROXIMATE LEVEL NEW ORLEANS)		
				Sun Rises	Sun Sets	Moon Rises or Sets*	Sun Rises	Sun Sets	Moon Rises or Sets*
1	S.	☉	♐	7 12	4 22	sets	6 34	5 00	sets
2	M.	☉	♐	7 18	4 20	11 34	6 38	5 00	11 42
3	Tu.	☉	♐	7 18	4 20	.....	6 38	5 00	.....
4	W.	☉	♐	7 18	4 20	0 49	6 38	5 00	0 46
5	Th.	☉	♐	7 18	4 20	2 05	6 38	5 00	1 50
6	Fri.	☉	♐	7 18	4 20	3 22	6 38	5 00	2 57
7	Sat.	☉	♐	7 24	4 19	4 40	6 42	5 00	4 04
8	S.	☉	♐	7 24	4 19	5 55	6 42	5 00	5 11
9	M.	☉	♐	7 24	4 19	7 06	6 42	5 00	6 16
10	Tu.	☉	♐	7 24	4 19	rises	6 42	5 00	rises
11	W.	☉	♐	7 24	4 19	5 55	6 42	5 00	6 39
12	Th.	☉	♐	7 28	4 18	7 03	6 46	5 01	7 41
13	Fri.	☉	♐	7 28	4 18	8 10	6 46	5 01	8 39
14	Sat.	☉	♐	7 28	4 18	9 16	6 46	5 01	9 36
15	S.	☉	♐	7 28	4 18	10 19	6 46	5 01	10 30
16	M.	☉	♐	7 28	4 18	11 21	6 46	5 01	11 23
17	Tu.	☉	♐	7 32	4 19	.....	6 49	5 02	.....
18	W.	☉	♐	7 32	4 19	0 23	6 49	5 02	0 15
19	Th.	☉	♐	7 32	4 19	1 26	6 49	5 02	1 08
20	Fri.	☉	♐	7 32	4 19	2 29	6 49	5 02	2 03
21	Sat.	☉	♐	7 32	4 19	3 33	6 49	5 02	2 59
22	S.	☉	♐	7 35	4 21	4 39	6 52	5 05	3 57
23	M.	☉	♐	7 35	4 21	5 44	6 52	5 05	4 56
24	Tu.	☉	♐	7 35	4 21	6 45	6 52	5 05	5 54
25	W.	☉	♐	7 35	4 21	7 39	6 52	5 05	6 50
26	Th.	☉	♐	7 35	4 21	sets	6 52	5 05	sets
27	Fri.	☉	♐	7 37	4 24	6 51	6 54	5 07	7 23
28	Sat.	☉	♐	7 37	4 24	8 08	6 54	5 07	8 29
29	S.	☉	♐	7 37	4 24	9 24	6 54	5 07	9 35
30	M.	☉	♐	7 37	4 24	10 40	6 54	5 07	10 39
31	Tu.	☉	♐	7 37	4 24	11 52	6 54	5 07	11 43

\*For Longitude of 90° (St. Louis, Memphis and New Orleans). (Figures in Black face indicate P. M.)

### WEATHER WISDOM

If the moon rises clear, expect fine weather.

When the sky seems very full of bright stars, expect rain or frost in winter.

Unusual twinkling of the stars—expect heavy dew, rain, snow or stormy weather.

Between eleven and two, you can tell what the weather is going to do.

Winter never rots in the sky, tho' December be mild.

### No Evidence of Change of Climate

While some seasons have brought extremely abnormal weather, scientists do not believe there is any certain evidence that a permanent change in climate has taken place within historic time in the United States. Series of relatively warm or cold years, or of relatively wet or dry years have been discovered in weather records, but there is no unimpeachable evidence of a permanent change of climate in this country since 1620, the date of the first permanent white settlement.



## HOUSEHOLD HELPS

Women find the best helps and large savings in Rawleigh's practical household supplies. Daily use of these economical helps in your home will improve, simplify and lighten your housework.

### Cleanser and Water Softener

For every cleansing purpose, whenever you use water in kitchen, laundry, bath, dairy or housecleaning, you can clean better with Rawleigh's Cleanser and Water Softener. It makes hard water soft. It makes soft water cleanse better. It saves work, saves time, saves soap, saves materials, saves hands and temper. It is wonderfully efficient, highly economical, and most satisfactory. Many buy it in 6- or 25-pound cartons or 100-pound bags.

### Washing Powder

A great help in kitchen, laundry or dairy. It softens water and dissolves and loosens greasy accumulations. It saves soap and time and makes cleaning easier and more thorough.

### Washing Compound

Lighten your wash-day drudgery with this high grade laundry aid. It dissolves and loosens soil and dirt better and cheaper than soap. It makes bluing unnecessary, and ironing easier.

### Hand Cleanser

A scouring, cleansing powder for removing grease, dirt, soot, paint, oil or ink stains from hands of mechanics, painters, printers, butchers, motorists or farmers. Useful also for scouring and cleaning kitchen and cooking utensils, sinks, toilets, etc.

### Furniture Polish

Cleans, polishes, renews and preserves the finish of woodwork, furniture, pianos and varnished surfaces. Produces a durable luster. Useful on cheese cloth for dusting.

### Shoe Polish

Gives a bright, hard, durable black polish and softens and preserves the leather. A large box and value.

### Ideal Oil

A high grade, light, penetrating and lubricating oil for sewing machines, clocks, guns, bicycles, locks, tools, hinges, oil stoves and light machines. Protects from friction and rust.

### All-Purpose Cement

A mender and adhesive that joins firmly almost any materials and holds them together permanently. Water-proof, oil proof and gas proof. A large collapsible tube at low price.

### Kreol Disinfectant

A high grade disinfectant and germicide for personal hygiene and household use. It



disinfects and deodorizes sinks, toilets and sick room utensils. Should be used for cleaning all filthy places.

### Chlorozone

Evaporating crystals to destroy odors and to kill and prevent moths. May be hung in bath rooms or closets or sprinkled upon stored blankets, furs, etc.

### Insect Powder

The undiluted, highest quality Pyrethrum flowers ground to extreme fineness. Kills flies, mosquitoes, lice, fleas, bed-bugs, ants, moths, plant aphids, etc. In half-pound sifting cans.

### Pyrethro Fly Killer

An unusually powerful general insecticide in liquid form to be sprayed into the air in a fine mist. It quickly paralyzes and kills flies, mosquitoes, gnats, fleas, moths, lice, ants, roaches, bed-bugs, and many insects, bugs and worms and their eggs and larvae. It is biologically tested on 5 day old house flies and standardized to high killing power. It goes farther, costs less, and kills more flies than most sprays.

### Ideal Sprayer

A compressed-air, metal sprayer for liquid insecticides and disinfectants. Throws a fine misty spray.

## CARE OF THE TEETH

Preparations for cleaning the teeth are every day health necessities. The following give unusual satisfaction.

**Quality Dental Cream** cleanses and polishes safely and efficiently and leaves the mouth clean, wholesome and refreshed.

**La Jaynees Dental Cream** is a foamy, penetrating cream to use on a dry brush. It protects against acids and bacteria, washes away films and polishes the enamel.

### Tooth Brushes

New and most efficient designs with quality bristles firmly set in beautiful handles of assorted colors. A small size with soft bristles for children and three styles for adults.



# Health Hints AND HOME REMEDIES

## Keep This in Your Medicine Cabinet

The "Home Doctor"—generally the mother—has many responsibilities. She should know what to do in many common minor ailments and injuries and in emergencies to lessen the suffering and to aid in recovery. She should know how to prevent little hurts from becoming serious. Most of all, she should realize what not to do to avoid making the injury or sickness worse.

Probably the majority of parents have bad moments because childhood is a series of more or less dangerous illnesses and accidents, in spite of all medical science has done to eliminate the cause and prevent the spread of disease.

Experience has been a costly and sorrowful teacher as statistics show; therefore, systematically assembled facts from experience have a tremendous value. What to do before the doctor comes is important when the help administered is intelligent.

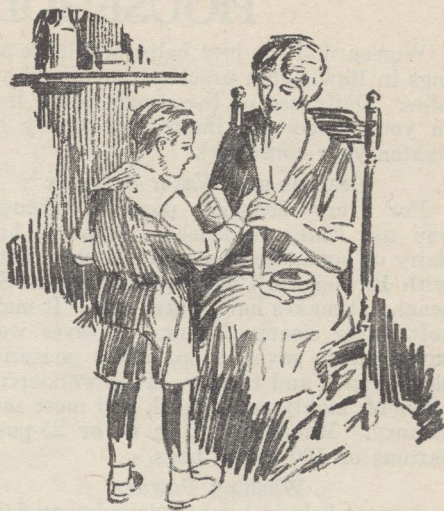
Quick wit in an emergency means preparedness. Prompt, intelligent action saves much distress, lost time, expense and worry and often life. Keep a cool head and inspire confidence in the sufferer by directing intelligent relief measures.



## The Medicine Cabinet

The medicine cabinet should be conveniently located and contain a good assortment of properly labeled remedies. For just such emergencies Rawleigh's have an effective and complete line of Home Remedies, used throughout the years, still standing the test of time which after all is the whole story.

These proprietary medicines are made from tested raw materials, compounded by competent chemists, manufactured by the most scientific methods. They are reliable and efficient for the purposes they are recommended. For your convenience, a suggested list of Rawleigh's Medicines and other useful



and frequently needed preparations are stated below, showing what you should have in your Medicine cabinet to make it complete and effective.

## List of Rawleigh Products for Your Medicine Chest

Asafen	Milk of Magnesia
Aspirin	Mustard Ointment
Camphor Balm	Nose & Throat Drops
Cathartic Pills	Laxative Tablets
Cod Liver Oil	Laxative Syrup
Corn Remedy	Lemon or Almond Lotion
Cough Lozenges	or Sweet Clover
Cough Syrup or Balsam	Liniment
Effervescent Salts	Liquid Antiseptic
Healing Salve	Rose Pomade
Medicated Ointment	Witch Hazel
Medicated Soap	Ready Relief
	Vapor Balm
Boric Acid, 2%	Gauze
Castor Oil	Iodine
Compresses	Mercurochrome
Epsom Salts	Olive Oil
Ether	Paregoric

## Aches

(Due to over-exertion, fatigue or exposure, muscular cramps, simple neuralgia.) Apply Rawleigh's Mustard Ointment or by rubbing with Camphor Balm. Take Aspirin internally.

## Acne

Acne occurs in many different varieties and results from many different causes. It may be due to obstinate constipation, lack of exercise or anemia, but is not due to impurities of the blood. If the glands which secrete oil to the skin are clogged, blackheads, whiteheads and pimples result. A rigid diet should be followed of fruits, especially those which are laxative in nature such as prunes, figs and dates. Eat sparingly of meat and concentrated sweets, i.e., candy, pastries, etc. If the



complexion is muddy, bathe two or three times a day with hot water and Rawleigh's Medicated Soap. If a mark results from a pimple, use Rawleigh's Healing Salve. If these simple home treatments do not clear up the condition, consult a skin specialist.

#### Acidity

Use Rawleigh's Milk of Magnesia, Effervescent Salts, or one-half tablespoon of bicarbonate of soda in one-half glass of water.

#### Anemia

Run-down condition showing a lowered red blood count and lower hemoglobin content. Rest, fresh air, sunshine, vegetable diet, especially lettuce and spinach, cooked liver, cooked tripe and Rawleigh's Cod Liver Oil are recommended. Rawleigh's Tonic Compound is a useful tonic adjunct. The bowels should be kept open with Rawleigh's Milk of Magnesia or Effervescent Salts. Diseased teeth should be extracted.

#### Asthma

Saturate blotting paper with salt petre, dry and ignite over metal container. Inhale fumes. Spray nose and throat with Rawleigh's Nose and Throat Drops.

#### Athlete's Foot

Cracking and peeling of the skin due to a fungus growth. Most noticeable between the toes and identified by tiny itching blisters, moist redness or whiteness or open sores caused by the skin cracking.

Bathe feet with Rawleigh's Medicated Soap and then use Rawleigh's Liniment or Liquid Antiseptic daily on all affected parts.

#### Bad Breath

This is an indication that something is wrong and the cause should be sought out and removed. When it is indigestion and constipation, the breath is very apt to smell badly. Read carefully the article on digestion and constipation, and if either are affecting you, follow the treatment recommended. Cleanse the mouth several times daily with Rawleigh's Antiseptic Mouth Wash.

#### Bed Sores

Swab gently with gauze dipped in hot normal salt solution (made by using one teaspoonful of salt to one pint of water). Apply Rawleigh's Medicated Ointment. Massage gently.

#### Blows or Injuries to the Face

Apply ice compresses of equal parts of Rawleigh's Witch Hazel and Arnica. After 24 hours follow with hot water applications for at least half an hour. Swab 3 times daily with warm olive oil.

#### Blisters

If friction-made, puncture lower part with a sterile needle, absorb liquid with sterile cotton, anoint with Medicated Ointment, cover with sterile gauze and bandage lightly. If from burns, do not break, but spread with Rawleigh's Medicated Ointment. Cover with a sterile cloth to exclude air.



## Rawleigh MEDICINES

Folks are coming to understand that healing and recovery from disease are processes of nature, that strictly there are few cures, and that the function of medicine is to help in bringing about conditions favorable to natural healing or restoration of health, or to aid in removal of causes of pain, disease and interference with health.

There are many common, simple ailments, minor injuries and frequent disorders that cause a lot of suffering which nature can promptly correct with the aid of practical remedies whose use is familiar in most homes and that are reliable and useful medicines and real reliefs and adjuvants that lighten the symptoms of disorders and aid in return to normal.

Common colds and coughs, ordinary colic, sour stomach, indigestion and constipation, sprains, bruises, cuts, minor wounds, and superficial burns and similar disorders that do not require a physician can be checked, treated effectively and greatly relieved so that pain is reduced, danger warded off, infection prevented and healing and normal recovery made easier. It is unwise not to be prepared to reduce pain, ward off the danger and aid recovery by keeping safe and reliable medicines ready and using them promptly when needed. This may also mean a great saving in doctor and drug bills as well as in health.

Rawleigh Medicines are precision made in our own specially equipped laboratories and factories completely from high



quality raw materials. Each ingredient is tested in analytical chemical or biological laboratories for purity, strength and therapeutic effectiveness and carefully standardized for uniformity and high quality. The formulas are based upon some of the best prescriptions that physicians, medical authorities and pharmaceutical chemists have been able to perfect and upon long experience with the wide use of the Products. Manufacturing processes are thoroughly modern and under careful direction of experienced chemists and pharmacists. Each step is under scientific laboratory control from testing of raw materials to examination, testing and standardizing of finished products. Quantity production makes for a high standard of excellence, uniformity and large value.

The reliability and unusual usefulness and value of these medicines is shown by the fact that for nearly half a century they have continued to give practically complete and universal satisfaction to millions of Consumers.



## PAIN MEDICINES

Everyone wishes to be spared pain. Minor accidents, injuries and painful ailments cause lots of suffering. Most cases do not require a doctor yet even a scratch should not be neglected because it might become infected and serious. The sensible, practical thing to do is to keep reliable liniments and safe, practical pain relievers ready to use promptly for each need.

### Asafen Tablets

This combination of Aspirin and Acetphenetidin is an improved general pain reliever and has a wider range of usefulness in reducing pain and is less disturbing to the system than either ingredient

### Biliousness

Reduce fat diet, eat vegetables, cleanse the system with one tablespoon of Epsom salts in as little water as possible. Follow a few hours later with a lighter laxative such as Rawleigh's Milk of Magnesia or Effervescent Salts.

### Bronchitis

Chronic bronchitis is the result of the acute form of the disease being neglected and allowed to linger without complete recovery. Soothe and quiet the cough with Thyme Cough Compound. This should be taken as often as necessary to quiet the cough. Put one teaspoonful Rawleigh's Medicated Ointment in a pan of hot water. Throw a sheet over the head and inhale the fumes rapidly. This will relieve the congestion and make breathing easier. Keep the bowels open with Laxative Tablets or Cathartic Pills.

### Bruises

Apply a cold compress followed by hot ones to decrease the swelling. Apply Rawleigh's Liniment or Medicated Ointment at least once daily.

### Burns

Flush burn with Milk of Magnesia or sterile warm water. Dress with Rawleigh's Medicated Ointment.

(1) Carbolic acid—Wash with full strength grain alcohol, cover lightly with surgical gauze. Cotton should never be placed in direct contact with any burn.

(2) Alkali—Apply vinegar or lemon juice, then anoint with Medicated Ointment.

(3) Electric—Paint affected part with boric acid solution or Rawleigh's Witch Hazel. Follow with dry gauze and Medicated Ointment, Healing Salve or Rose Pomade.

(4) Fire—If small, use Medicated Ointment. If considerable area is affected, cleanse burn with ether. Baking Soda, olive oil, or even motor oil may be used in emergencies. This treatment should be followed by light bandaging to exclude air.

### Catarrhal Trouble

The term "catarrh" is applied generally to inflammation of the mucous membrane attended by increased secretion and almost constant dull, frontal headache indicates this condition. When ulceration of the nasal passage occurs the discharge has a fetid odor. The sense of smell and hearing are perverted. It may extend to the bronchial tubes, causing cough and soreness of the chest and perhaps finally result in asthma or consumption. There is no disease which leads to a greater variety of troubles some of which result in death sooner or later. Some of the most troublesome are gastritis, or catarrh of the stomach, catarrh of the eyes, ears, tonsils, larynx, pharynx, bronchial tubes, capillaries, air cells, lining of the lungs, intestines, liver, pancreas, heart, kidneys, and bladder.



The most important treatment is prophylactic or preventive. As soon as a cold is contracted, do everything possible to stop it. Use Rawleigh's Nose and Throat Drops and Rawleigh's Nasal Relief frequently until the trouble is checked.

#### Car Sickness

Take Rawleigh's Milk of Magnesia for several days before departing. On boarding boat or train place cotton in ears. Avoid looking out the windows. Avoid rich foods. A lemon sucked at intervals or hot broth or tea taken at the first sign of faintness is helpful.

#### Chapped Hands

Dry thoroughly after washing. Apply Rawleigh's Lemon Lotion, Almond Lotion or Sweet Clover. In severe cases anoint hands and in case at night in old gloves. Medicated Ointment is of help to chapped skin surfaces.

#### Chilblain

Avoid sudden temperature changes. Build up the health with Rawleigh's Cod Liver Oil. Rub affected parts with Medicated Ointment. Avoid exposure to heat. Painting the affected parts with collodion is frequently helpful.

#### Chills and Fever

These are usually premonitory symptoms of some disease although they may occur as a nervous effect on account of sluggish circulation, impure blood, insufficient amount of blood excitement, etc. Chills and fever usual-

ly precede pneumonia, typhoid fever, the formation of an abscess, inflammation of the bowels, scarlet fever, measles, small pox, or erysipelas. If the symptoms are obscure, it is best to call a physician. If chills and fever are due to malaria, much can be done by giving Rawleigh's Chill Tonic. In case you live in a Southern rural district, it is best to keep a bottle of Chill Tonic on hand at all times.

#### Colds

No cold is unimportant. For simple sore throat gargle with Rawleigh's Liquid Antiseptic or with one teaspoon of salt and one teaspoon of baking soda in a glass of water. Wring a cloth almost dry from cold water, place about neck, cover well with dry flannel. If cold goes to chest and cough develops, rub Mustard Ointment on the chest and take Rawleigh's Cough Balsam. Use Rawleigh's Cold Tablets, Aspirin or Asafen Tablets every three hours. Spray nose with Rawleigh's Nose and Throat Drops. Take a hot foot bath, go to bed, drink as much hot lemonade as possible, taking care not to become chilled and perspiring. Take a good cathartic. If the body aches, grippe or influenza is probably developing.

#### Cold Sores

Cold sores usually indicate a disturbed stomach. Take one-half teaspoon of baking soda in one-half glass of water three times daily or Milk of Magnesia. Apply Liquid

(Continued on page 21)

alone. They act upon the nervous system to lessen tension and pain in simple headaches, toothache, earache, muscular aches and pains, simple neuralgia, pleurisy, rheumatic pains, painful injuries, fresh head colds and can be used in a gargle for minor throat irritations due to colds.

#### Aspirin Tablets

The great usefulness of Aspirin as a pain reliever is generally accepted. Rawleigh's Aspirin Tablets are pure, high quality 5 grain Tablets for deadening the sense of pain in headaches, toothache, earache, muscular and rheumatic pains, and fresh head colds. There are more tablets than usual for the price.

#### Headache and Anti-Pain Tablets

These tablets containing acetanilid are for lessening the pain in common headaches and muscular aches and pains.

#### Liniment

Liniment is the oldest Rawleigh Medicine which has always given unusual satisfaction. It has a wide range of usefulness for internal or external use for man and beast. Rich in medicinal and soothing oils and balsams, it is a pene-



trating, warming and stimulating counter-irritant for relieving many painful, or congested conditions.

Externally it stimulates local circulation, and reduces local pain and congestion in swellings, bruises, strains, sore, lame muscles, tendons and joints and muscular aches. It helps to prevent infection and promote conditions favorable to repair in superficial wounds, cuts, burns, insect bites and superficial skin irritations and inflammations.

Internally its stimulating, counter-irritant, astringent and carminative



## RELIABILITY AND USEFULNESS

Rawleigh Medicines have gained an enviable reputation for reliability and usefulness. They are made from the best drugs and chemicals and other materials. We control every stage of manufacture—from scientific tests of materials to finished products. No reasonable expense is spared to make them uniform, reliable and useful for everything they are officially recommended for. The most conclusive proof of their value is the high esteem in which they are held by the many millions who have used them with satisfactory results for many, many years. But during all these years we have never been able to make anything that would satisfy everyone.

For common coughs, colds, cuts, injuries and numerous minor ailments Rawleigh's Medicines have been used with satisfactory results by millions of families. Fathers and mothers can depend upon these old time-tested remedies being good for everything they are recommended for because they have been giving practically universal satisfaction for generations, north, south, east and west throughout America, Australia and New Zealand.

The timely use of these medicines protects health and saves much suffering, sickness and



expense. Their cost is trivial but you should be reasonable and not expect these medicines to cure old, chronic ailments which have baffled the skill of doctors for years because they are not intended to take the doctor's place when he is needed.

Cuts, wounds, burns, sores, blisters, strains, sprains and simple sore throat are dangerous. Don't neglect them, but keep these reliable medicines on hand and be prepared for emergencies. The cost is small—the saving large.

action helps to relieve the distress in chills, acute colds, colic due to gas, acute indigestion, diarrhea, gas pains and intestinal cramps and to hasten the return of the body to normal conditions and functions.

**For animals** it is widely used satisfactorily for diarrhea, bloating and colic due to gas, colds, swellings, congestions, lameness and external wounds.

### Anti-Pain Oil

For human aches and pains, a powerful, stimulating counter-irritant. One of the oldest and most useful Rawleigh Medicines. It increases circulation of blood in the part to which it is applied. Thus it helps to restore normal conditions in many cases of bruises, sprains, swellings, muscular stiffness and soreness and rheumatic aches and pains due to superficial inflammations, swellings, fatigue or exposure to cold or dampness. Internally it aids in many cases of acute indigestion, colic due to gas, chills, diarrhea, intestinal cramps, fresh colds and simple sore throat.

It is easy and pleasant to swallow. An unusually large value because highly concentrated.

### Camphor Balm

The usefulness of camphor for relief has long been well known. In Rawleigh's Camphor Balm it is combined with other valuable penetrating, stimulating ingredients to make an oily, white liniment for external use that is a powerful counter-irritant application for sore, lame muscles, tendons or stiff joints due to fatigue or over exertion, bruises, congestions, swellings and muscular, rheumatic pains or simple neuralgia. It is especially valuable for sprains. Warmed and rubbed on throat and chest it promotes a vigorous circulation at the point of congestion that feels soothing and helps to bring relief in bronchial colds or simple sore throat. It warms the body like sunshine as it is rubbed on and can be used freely as it does not smart or burn and is a big value at a low price.

### Application for Corns

Those who are troubled with corns, callosities and warts are invited to try this convenient liquid application.



(Continued from page 19)

Antiseptic, Medicated Ointment or Vapor Balm.

### Constipation

In mild cases use Rawleigh's Milk of Magnesia, Effervescent Salts, Laxative Tablets, Cathartic Pills or Cascara Sagrada Compound Tablets.

The resources employed in treating the diseases which cause constipation include many plans beside diet, yet the latter is indispensable.

A mixed diet is very necessary for purely animal food products, as meat, fish, eggs, milk, cheese, etc., conduce to constipation because absorption of such foods is so nearly complete that not enough residue remains in the intestines to stimulate bowel action. On the other hand a diet of vegetables involving a large amount of indigestible residue causes large bowel movements, but these are not promptly expelled unless the intestine is healthy. Much extra work is thrown upon the intestine when a vegetarian diet is used exclusively; and as a result of such excessive work the intestine may become weakened in time.

Constipation from whatever cause and of whatever nature may be, when sufficiently pronounced, sufficient to render a healthy man or woman sick. Digestion becomes impaired, appetite lost. In dieting for constipation we must first correct the condition which causes the constipation as soon as possible. For mere sluggish action of the bowels, not amounting to disease, many popular dietetic remedies are employed.

Of household dietetic procedures for securing daily bowel movements, the most common is the drinking of cold water on rising, one, two, or more glasses. To this a little common salt may be added. The use of fruit at or before breakfast often causes an evacuation during the day. This is true especially of apples, oranges, pears, etc. Buttermilk is also largely used for this purpose. The vegetable acids with the large amount of indigestible residue make certain fruits valuable as laxatives, although those berries which contain tannin, as blackberries, may tend to constipate. Dried fruits, such as figs and prunes are especially useful. Very sweet substances in large amounts, chiefly honey and molasses, are notably laxative. Oatmeal, among the cereal foods, is noted for its laxative powers. Oils and fats are laxative to many people.

### Suggested Menus for Constipation

**Breakfast**—Cereal with cream and sugar—preferably corn meal, or rye and oats.

Two soft boiled or scrambled eggs.

**Bread**—preferably black bread, or rye bread, with much butter.

**Fruit**—Apples or grapes.

**Dinner**—Soup—preferably vegetable soup.

Fish or meat, or both, with salad.

### Witch Hazel

This double distilled extract of highest quality is an excellent rubbing application for lameness, bruises, sprains, and skin irritations. It is a soothing skin freshener and after shaving lotion.

### Camphorated Oil

Highest standard quality. Useful externally for congestive colds, spasmodic croup, simple sore throat and superficial congestions and swellings.



## Laxatives

Laxatives are the most frequently needed of all medicines because delayed and infrequent bowel elimination soon impairs health, happiness and efficiency. When you feel dull and feverish and your head aches and you lack appetite and vitality, your system may be clogged with food wastes due to errors in diet. When the bowels are not promptly discharged the diet should be largely fresh fruits and vegetables and the help of a reliable laxative should not be neglected. Every family should keep on hand several standard and reliable laxative medicines to meet the needs and preferences of each member of the family.

### Effervescent Salts

These fruit acid salts make a delightful sparkling drink. Its action is prompt in relieving a sour, acid or overloaded stomach. It prevents clogged and inactive bowels, helping to neutralize intestinal acidosis and flushing and refreshing a surfeited, constipated system by ridding it of accumulated fecal wastes. By cleansing and stimulating the digestive system, it imparts to one's feelings a new sparkle and liveliness. A bit of these salts in half a glass of water makes a cooling, refreshing drink resembling plain soda water that sweetens the stomach and





freshens the digestive system. As a laxative, it is best taken in hot water in the morning. As a sparkling beverage try it in cold water with a little orange juice or any of the Rawleigh Fruit Drinks and Nectars.

#### Laxative Tablets

These pleasantly flavored candy wafers contain phenolphthalein, one of the most useful and reliable of all known laxatives. They are convenient, easily taken, mild in action and suitable for cases of temporary constipation especially in children. Tablets have been recently improved and value increased.

#### Cathartic Pills

A reliable, strong, and prompt acting cathartic and purgative to stimulate the intestinal activities and promote bowel discharge and thus relieve biliousness, sick headaches, dullness and distress caused by temporary constipation or delayed bowel movement. They are convenient to carry, easy to take and satisfactory in their cathartic action.

#### Laxative Diuretic Tea

A mixture of medicinal leaves, barks and herbs to be brewed into a liquid herb-tea to act upon the bowels and kidneys to assist elimination of their waste products. Useful in many cases of infrequent or delayed bowel evacuation or insufficient urine and resulting biliousness, sick headaches, dullness, and dropsical conditions.

#### Cascara Tablets

Rawleigh Cascara Sagrada Compound Tablets contain the medicinal extractive from cascara bark combined with other active vegetable ingredients in proper proportion to make a pleasant, prompt, and satisfactory laxative medicine to produce a gentle action of the bowels.

Vegetables—at least two kinds, preferably spinach, cabbage, beets, turnips, potatoes, string beans or peas if desired.

Dessert of rice or bread pudding or custard—including daily a saucer of prunes.

**Supper**—Bread and butter.

Cocoa

Cold meat and vegetable salad.

Dessert of stewed fruit—apples, pears, or figs.

Drink at least three pints of water daily.

#### Corns

Neglected feet decrease the person's efficiency, cause headache, backache and nervous troubles. The feet should be bathed often with a little baking soda in water to allay aching and perspiration and dusted after drying with Rawleigh's Foot Powder. Corns should not be cut but removed with Rawleigh's Application for Corns, which uproots the callouses. Plenty of time should be used in buying shoes to make sure that they fit and support the arch of the foot. The toes should be straight ahead in walking, not out or in. Fallen arches cause intense suffering and can be remedied by the use of arch supports prescribed by a doctor.

#### Coughs

Rub Mustard Ointment on chest and use Rawleigh's Cough Syrup or Thyme Cough Compound or Cough Lozenges or gargle with Liquid Antiseptic and Mouth Wash.

#### Cramps

Hot cloths or a plaster made of Mustard Ointment over the stomach and at the feet are helpful. In case of muscular cramps, bathe in hot water, massage with Rawleigh's Anti-Pain Oil or Liniment.

#### Spasmodic Croup

Apply hot compresses to throat. Use a warm water enema. Inhale steam from boiling water to which a teaspoon of Compound Tincture of Benzoin is added. Give a teaspoonful of Syrup of Ipecac to cause vomiting to bring up the phlegm.

#### Cuts

Bathe with Liquid Antiseptic. Use Rawleigh's Medicated Ointment or Healing Salve. Bandage loosely.

#### Diarrhea

Use a plaster of Mustard Ointment over the abdomen.

The term diarrhea, like dyspepsia and constipation, represents only a symptom or result of various diseases. While this affection cannot be cured by a dietetic plan alone, attention to diet is very important. It consists as much in avoiding laxative articles as in using constipating articles which are also bland and easily digested. Food nearly all of which may be absorbed naturally antagonizes diarrhea from any cause. The commonest articles used in this class are flour porridge, cooked white of eggs, boiled milk, toasted crackers, zwie-



back, rice, chocolate. Meat should be of the most tender and digestible nature, as sweetbreads, tongue, tenderloin of beef, etc.

In a daily menu the following articles enter: Soft eggs, milk, toasted bread, zwieback, scraped beef, breast of chicken, the most digestible white fish, clear soups and broths. Articles used in diet list for constipation must be avoided.

### Dizziness

There are several forms of dizziness. In some cases, the attack comes on suddenly, the vision becomes indistinct, and the patient may fall. In gastric vertigo there is pain in the stomach after meals, nausea and sometimes vomiting and heartburn.

If the trouble is caused from diseases of the eyes, have glasses properly fitted. If caused by digestion, read the article on "Dyspepsia." If it is from weakness, take Tonic Compound for a nerve tonic. If it is from flatulency, indigestion, and constipation, take Laxative Tablets or Cathartic Pills and follow it up until the system has been completely renovated.

### Dysentery

Give no food. Use hot applications or a mustard plaster on the abdomen. Hot ginger tea or a few drops of Rawleigh's Liniment or Anti-Pain Oil in hot water may be given. Keep the patient warm. After 12 hours, cereal and albumen water may be fed. Flush the bowels gently with warm starch water.

### Dyspepsia

Dyspepsia may be acute or chronic. The acute form is usually caused by some indiscretion in diet or undue excitement of the nervous system. To cure it remove the cause and the effect ceases. Repeated attacks of the acute form finally result in chronic dyspepsia. The manner of eating, sleeping, working, and hurried style of living is responsible for its prevalence. The liver, kidneys, and heart may become affected by dyspepsia if allowed to continue without curing it.

The causes are imperfect chewing of the food, eating too rapidly and in too large quantities, the same diet continued for a long time without any change, free use of ice water, depressed nervous system, worry and fatigue, sedentary habits, hard study, use of tobacco or alcoholic liquors, and too large quantities of liquid taken at meal time.

It is important that the food should be chewed very fine and that it be thoroughly saturated from the glands of the mouth.

The symptoms are perverted appetite, a feeling of weight or fullness in the stomach, sour stomach, and heartburn. The food ferments in the stomach and bowels, causing gas and wind to collect in them. Belching of gas, spitting up undigested food, vomiting sour liquid with partly digested food, water brash, pain or soreness at the "pit of the stomach"

Caseara is recognized as one of the best vegetable laxatives for habitual constipation due to functional inactivity of the intestines or bowel sluggishness. It stimulates intestinal action, has a mild tonic effect and aids elimination, without any cramps or griping. Based on a famous formula (Hinkle's), these tablets are a safe aid to bowel action. A large value.

### Laxative Syrup

This agreeably flavored, mild, liquid laxative is safe and very satisfactory in general use for promoting easy bowel movements in constipation or irregular and infrequent elimination. It is easily given to children and popular with those who wish a laxative medicine in syrup form that gives unusually satisfactory results.



### Rawleigh's Castoria

This favorite medicine for babies and children is useful as a mild laxative for constipation and for colic, sour stomach and belching due to slow bowel movements and for simple diarrhea by assisting to remove the irritating intestinal contents. It is a larger value than usual.

### Milk of Magnesia

A standard preparation of highest quality and great usefulness to help sweeten and neutralize sour, acid stomach and to relieve acid indigestion and colic, heartburn, gas, belching and resulting nausea. It is also a mild, safe, aperient and laxative whose action is to reduce intestinal acidity and help soften



the contents of the intestines and keep them more liquid so that their passage is easy and natural without griping or harsh irritating effect upon the alimentary canal. It is much used for babies for preventing souring and curdling of milk in the stomach. Also a useful mouth wash and dentifrice for brushing the teeth. One of the most used and popular of all medicinal preparations. A large value and sure to satisfy fully.



## Salves and Ointments are needed nearly every day

Select good salves and ointments for penetrating and dressing simple irritations and infections. Never neglect giving protection to external injuries. Prompt use of a medicinal ointment eases pain, cleanses, protects and soothes the affected part, helps to avoid infection, softens the tissues and maintains conditions favorable to prompt normal healing.

### Healing Salve

Rawleigh's Antiseptic Healing Salve is highly carbolated, convenient and very satisfactory for cleansing and protecting skin wounds, burns and sore skin. It softens and soothes injured parts and helps to reduce inflammation so the healing process is hastened. It is convenient and satisfactory as a medicated application for frequent minor skin injuries. Also used on domestic animals. A big box at a low price.

during digestion. The urine is generally scanty and high colored or in some some cases it may be pale. Drowsiness after meals, wakefulness at night, headache, defective memory, flashes of heat followed by more or less sweating and palpitation of the heart are also indications of this disease.

Give Rawleigh's Alkaline Tablets and keep the bowels open with Cathartic Pills or Laxative Tablets, taking one regularly night and morning to keep the bowels open and help to sweeten the stomach.

### Earache

Three to four drops of warm Anti-Pain Oil or sweet oil placed in the ear. Aspirin Tablets taken internally. Keep warm with hot water bottle. Do not neglect as earache is often the beginning of mastoid or tonsillitis.

### Eczema

Diet is of tremendous importance in all skin troubles. Do not eat spices, alcohol, salt foods, salads, made over dishes, meat and meat soups, gravies, fried foods and pastry. Eat only milk and cereals and green vegetables or try a diet of rice bread, butter and water for five days. At the end of this period return gradually to mixed diet of eggs, milk, chicken, fresh fish, green vegetables, bacon, weak tea or coffee and cereal with butter. Sensitization tests for foods should be made. Rawleigh's Salve or Medicated Ointment is often helpful in lubricating and keeping soft the rough spots on the skin.

### Felon

Apply carbolic salve, flaxseed poultices or glycerine compresses and see a doctor.

### Hay Fever

This is best treated or prevented by injection of pollen extracts. Temporary relief may be obtained by taking one-half teaspoonful of bicarbonate of soda in water thrice daily and by spraying the nose with Rawleigh's Nose and Throat Drops. Attention should be paid to diet.

### Headache

Take Rawleigh's Asafen or Headache Tablets. Rub Anti-Pain Oil on the head and take a dose of Effervescent Salts. If pain does not disappear in a few hours, send for a doctor as a headache may be a signal of other trouble.

### Hemorrhage

Bleeding from wounds of the extremities is controlled by placing a gauze pad over the wound and elevating the part. Applying Liquid Antiseptic, Ideal Lotion or Talcum Powder is also helpful. Spurting blood denotes a severed artery. It is controlled by placing a tight cloth above the cut. Flowing blood indicates an injured vein which is controlled by placing the tight cloth below the cut.

(1) In nose bleed place ice pack to the back of the neck. Pack the nose with Rawleigh's Witch Hazel on gauze, the patient tilted back in a chair. Do not blow the nose for several hours.



(2) Bleeding from the neck. Send for the doctor. Push first available clean cloth into the wound. Hold it in place with a bandage to make pressure.

(3) In hemorrhage from the lungs, place ice pack over chest, feed cracked ice. Keep patient quiet until doctor arrives. Give a teaspoonful of paregoric internally.

#### Hiccough

Hold breath, raise arm over head. Sip ice-water or hold ice in mouth.

#### Hoarseness

Use Rawleigh's Cough Lozenges, Thyme Cough Compound or Nose and Throat Drops or dissolve a tablet of potassium chlorate in the mouth and expectorate, or gargle with Liquid Antiseptic.

#### Indigestion

Use Rawleigh's Milk of Magnesia, half a teaspoon of sodium bicarbonate in water every three hours, or Rawleigh's Alkaline Tablets.

#### Insect Bites

For bee, wasp, or hornet stings, remove stinger and apply Rawleigh's Anti-Pain Oil.

#### Itch

For itching skin bathe with sodium bicarbonate in water or use diluted alcohol and dust with Rawleigh's Talcum Powder. For scabies bathe with a 2% solution of Rawleigh's Kreo and apply sulphur ointment.

#### Laryngitis

Caused by over use of voice, flu, dust, and smoke. It is an inflammation of the air passage of the larynx. Gargle with Rawleigh's Liquid Antiseptic and use Rawleigh's Nose and Throat Drops; Cough Syrup, or Balsam, or Cough Lozenges to relieve the cough.

#### Lumbago

Give a dose of Epsom salts and rub the back with Rawleigh's Camphor Balm. Take one of Rawleigh's Aspirin or Asafen Tablets internally every three hours.

#### Neuralgia

This painful affection may come on abruptly without any symptoms preceding it or there may be a sense of heat or some uncomfortable sensation in the seat of the affection. The severity of the pain varies at times, sometimes dull and other times sharp and excruciating.

Many people affected with neuralgia also have anemia, which seems to be a predisposing cause. It occurs most frequently between the ages of twenty and fifty.

Remove the cause if it is known. Take rest and avoid exposure to cold. If the patient is pale and weak, take Rawleigh's Tonic Compound or Nux and Iron Tablets. If troubled with indigestion, take Alkaline Tablets. Rawleigh's Aspirin and Asafen Tablets will ease the sharp pains. If constipated, take Rawleigh's Laxative Tablets or Cathartic Pills and be sure to have at least two bowel movements a day.



#### Mustard Compound Application

This powerful counter-irritant and rubefacient is more convenient, modern and satisfactory than a mustard plaster and does not blister. By increasing circulation in the part to which it is applied it helps to reduce local congestion, pain and soreness in sprains, bruises, swellings, lame muscles, stiff neck, rheumatic muscular aches, bronchial colds, croup and simple sore throat and aids in natural body repair.

#### Medicated Ointment

The most used of all Rawleigh Products, this handy Ointment is highly medicated with menthol, camphor and other antiseptic oils in a fine quality petrolatum. It is especially soothing and cooling for skin irritations, burns, scratches, chafing, rashes, sunburn, mosquito bites, earache, head colds, simple sore throat or croup due to colds, chaps, cracked skin or hands, cold sores, cracked lips and when shaving. It softens, lubricates, soothes and protects the skin surfaces and promotes conditions that favor natural healing. Used also for nasal irritations in head colds, and by inhaling the fumes after melting in a spoon, or in boiling water.

#### Rectal Ointment

This unusually satisfactory application for rectal irritations and itching, bleeding hemorrhoids, or piles helps to reduce the local congestion, swelling and pain. It lubricates and soothes the local irritation and makes bowel elimination easier. Easily applied with a metal applicator furnished with each tube.





### Nasal Relief

A splendid ointment to soothe the mucous membranes in acute nasal catarrh and fresh head colds. It helps to relieve local congestion and stuffiness of the air passages and soothe the tickling in the nose. It lessens the severity of the catarrhal conditions in colds, hay fever and irritations caused by dust or exposure. Easily applied from a collapsible tube.



### Vapor Balm

An ointment highly medicated with volatile antiseptic oils with double usefulness for direct application to affected parts and for inhaling its vapors for head colds, sore throat due to colds, croup, bronchitis and congestion or inflammation of the nasal passages and throat due to colds, hay fever or acute nasal catarrh. It soothes the membrane surfaces and lessens the distressing symptoms.

It is an excellent counter-irritant application to throat and chest for congestion in bronchial colds and croup and sore throat due to acute colds. Useful externally for cold sores, cracked lips, chapped, cracked and sore hands and skin chapped and roughened by exposure.

### Obesity

Eat sparingly of starchy foods such as bread, potatoes, liquids and fatty foods. Eat little or no candy and pastry. Don't go hungry but eat much leafy and bulky foods such as spinach, greens, lettuce, tomatoes, etc., fresh, evaporated or canned fruits, but not too many sweet fruits like figs, dates, or pears, which are rich in sugar.

Exercises are effective because the more oxygen there is in your body, the quicker fat is burned up. Every time you move a muscle, you increase the oxygen capacity of your blood. Aid by taking Rawleigh's Nux and Iron Tablets. Keep the bowels open and the system alkaline with Rawleigh's Effervescent Salts when needed.

Eat less, walk and exercise more out of doors.

### Old Age

As there is a radical distinction between a person merely old in years and one who is actually senile, no dietary can be devised to suit the case of all those of advanced years. A man is technically old at sixty. In theory he should require less meat, milk, cheese, etc., in proportion to vegetables, fruit and cereals than a younger man. Many people of both sexes, however, preserve their working capacity far into the sixties and even into the seventies. Many people can put on flesh up to the age of sixty, and it is very important that they do not do so. After the age of sixty the weight may remain at an equilibrium for some years, or with the advent of senile change, the flesh may begin to disappear. At this period less depends on the selection of food than on the quantity and thoroughness of mastication. An active, healthy man can preserve his condition by cutting down the amount of food greatly, and chewing it thoroughly. The demand for meat, eggs, cheese, etc., will very likely be satisfied with a small quantity. The total food required will depend upon whether the individual exercises or leads a sedentary life. Sedentary, elderly people can subsist on a very little food, and do not differ much in this respect from middle-aged, sedentary people.

A senile person is practically an invalid, and his dietetic demands do not differ greatly from those of other invalids. If the teeth are more or less useless, and mastication cannot be effected by the gums, the individual becomes a confirmed dyspeptic. The problem of starch digestion becomes a serious one. Milk can be used largely.

### Diet

**Soup**—Nutritious soups, such as chicken or fish puree, beef tea, mutton or chicken broth.

**Fish**—White fish as sole, whiting, smelts, founders, etc.

**Eggs**—Egg lightly cooked, or beaten up with milk.



**Meats**—Young and tender chicken and game. Other tender meats. Potted chicken, game and other potted meats. Sweetbreads, grilled bacon.

**Farinaceous**—Bread and butter (bread at least a day old) to be soaked in tea or milk or water. Bread and milk, porridge and oatmeal gruel. Puddings of ground rice, tapioca, arrowroot, sago, macaroni.

**Vegetables**—Potatoes, carrots, spinach and other succulent vegetables, stewed celery, boiled onions.

**Desserts**—Fruit jellies, stewed or baked fruit. Pulp of perfectly ripe raw fruit in small quantity, farinaceous puddings.

**Liquids**—Milk in all forms and fruit juices.

**Average Weight of Old Men and Women**

Age in Years	Men Pounds	Women Pounds
60	144	125
70	139	125
80	135	113
90	127	109

**Piles**

Use Rawleigh's Effervescent Salts or Milk of Magnesia to make bowel movements easier. Use Rawleigh's Rectal Ointment externally in the rectum.

**Rheumatism**

Rub affected part externally with Rawleigh's Liniment or Anti-Pain Oil, Camphor Balm or Mustard Ointment. Take internally Rawleigh's Aspirin Tablets every three hours.

Diet should be watched carefully. All meat, cheese, milk, etc., should be cut to a minimum as they form purine bodies which settle in the joints and make movements painful. The diet should consist chiefly of fresh fruits, and vegetables, all cereals except oatmeal. Unsalted butter and cream may be used. No fried foods, rich gravies, meats, pastries, stimulants such as tea and coffee or spices should be eaten.

**Diet**

**Chronic Rheumatism**

**Soup**—Beef tea, chicken and mutton broth in small quantities.

**Fish**—Raw oysters or clams, white fleshed fresh fish—broiled or boiled.

**Meat**—Sweetbreads, chicken, tripe, broiled fat bacon or boiled ham (all sparingly).

**Farinaceous**—Boston brown bread, corn, whole wheat bread, cornstarch, rice, milk toast, dry toast, graham bread, granum, butter.

**Vegetables**—All except potatoes and cooked tomatoes.

**Desserts**—Plain puddings, rhubarb, junket (all without sugar).

**Liquids**—Milk, cream, buttermilk, malted milk, alkaline waters, tea, cocoa (no sugar), pure water, plain or with lemon or lime (no sugar).

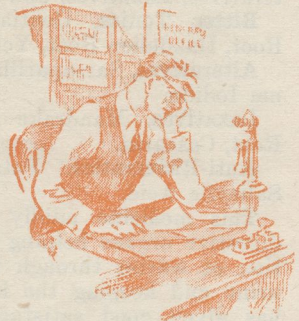
**AVOID**: Red meats, pork, turkey, goose, duck, veal, fried fish, cooked oysters or clams, salted, dried, potted or preserved fish or meats

## Tonics and Alteratives

The vital force of the body is good blood. Improper foods and living habits, blood impoverished of re-building materials and overloaded with wastes, poor elimination and lack of rest, fresh air, sunshine, vitamins and exercise cause lowered resistance and vitality resulting in headaches, sluggishness and spring fever. Tonics and alteratives help the system to throw off the wastes and to utilize foods that help build good blood and maintain vitality and tone. Such medicines are usually needed, especially in winter and spring, by someone in almost every family.

**Tonic Compound**

A medicine rich in the blood-building properties of iron, hypophosphites, quinine, sodium citrate with an extractive of cod livers. Its twelve ingredients are used in medicine for increasing appetite, improving nutrition, helping to correct anemic conditions, nervous exhaustion



and run-down vitality and assisting in rebuilding blood and through it restoring normal strength and vitality. Its phosphorus is readily assimilated to help build blood, bone and tissue. Its hypophosphites are tonic in action and beneficial in malnutrition, anemia, and debility. It contains medicinal iron for building red corpuscles in a condition of poor blood. It is useful to help restore tone to the system in under-nourishment, convalescence, over-work, errors in diet and spring fever.



(except ham and bacon), lobsters, crabs, salmon, eggs, rich pies, made dishes, gravies, potatoes, tomatoes, asparagus, mushrooms, rich puddings, candies, nuts, cheese, coffee, cider, malt liquors, wines.

#### Scratches

Bathe with Liquid Antiseptic and apply Rawleigh's Healing Salve.

#### Scalds

Use Rawleigh's Medicated Ointment.

#### Shingles

Paint with collodion daily. Take Rawleigh's Aspirin Tablets every three hours.

#### Simple Sore Throat

Gargle with Rawleigh's Liquid Antiseptic or use Rawleigh's Nose and Throat Drops. Take a Rawleigh Cathartic.

#### Sprain

A wrenched joint is called a sprain. The member should be put at rest and cold compresses first applied. Later hot-water compresses are applied to reduce swelling. Rub with Rawleigh's Camphor Balm, Liniment or Anti-Pain Oil. If an extensive black-and-blue

area extending away from the sprain is observable, a fracture is probable.

#### Strain

A strain is an overstretching of the muscles. Bathe the part in hot water or apply hot water bottle. Rub with Liniment or Anti-Pain Oil externally. If painful take Asafen Tablets every three hours.

#### Sunburn

Use Rawleigh's Medicated Ointment or a zinc ointment. Cold vinegar compresses are helpful, particularly in the second degree of sunburn.

#### Sun Stroke

The temperature is high. Reduce it by ice caps to head. Rub body with ice and administer cold enema until temperature is 100°F.

(1) Heat prostration—The body is cool and limp. Place hot water bottle at feet, apply Mustard Ointment to the stomach. Cover body with blanket. Give stimulants and massage body to start circulation.

#### Warts

Rawleigh's Corn Remedy removes warts as well as corns.

#### Ru-Mex-Ol Compound

This is a good old fashioned combination of natural vegetable medicines, one of the first of all Rawleigh Medicines and one of the most satisfactory. It is made of the following Bitter Tonics, Alteratives, Laxatives, and Diuretics:

**Bitter Tonics,** Gentian Root, Poke Root, Dandelion Root, Yellow Dock Root.

**Alteratives,** Sarsaparilla Root, Potassium Iodide.

**Laxatives,** Mandrake Root, Rhubarb Root, Cascaria.

**Anti-Rheumatics,** Potassium Iodide, Salicylic Acid.

This medicine mildly stimulates the digestive organs helping in the elimination of wastes through the bowels and urine and keeping the liver active. It has given good satisfaction for many cases of loss of appetite and low vitality due to improper diet and habits and constipation and their symptoms including headaches, languor, skin eruptions, biliousness, lack of endurance and the tired feeling known as spring fever. Its ingredients are recognized as good alteratives and stimulants of digestive, eliminative and nutritive processes and useful in conditions accompanying constipation, over-work and hot weather. It is much used as a spring medicine when the effects of winter diet and inactivity and the warmer weather cause one to feel what is commonly called spring fever.



#### Cod Liver Oil

A natural food tonic especially rich in Vitamin A, which helps to promote growth, bodily vigor and resistance to colds and similar infections, and Vitamin D, which is essential to proper utilization of minerals in the diet and helps to form and maintain sound teeth and to prevent and overcome soft bones in children (rickets) and to build strong, well-



formed bones and teeth. It is an essential and economical food that every child ought to have every day that it is not out in the direct sunshine. A teaspoon of it contains more of the sunshine Vitamin D than the milk, butter and eggs one eats in a day. It is biologically tested and standardized and its vitamin potency is protected and guaranteed. Highest quality, big bottle, low price.

#### Chill Tonic

A pleasant tasting iron and quinine tonic for malaria and its symptoms usually called chills and fever, ague, or sweating and shaking. It is both a preventive and a relief for the alternating chilling and fever and helps to reduce the frequency and severity of the chills and to overcome malarial infection. Generally needed in the south.

#### Diuretic Tablets

A stimulant for kidneys and bladder that helps to increase the amount of urine and elimination of wastes from the system.

#### Laxative Nux and Iron Tablets

This is an excellent eliminant to help clear the intestinal tract and blood of body wastes. The tonic properties of organic iron and nux vomica help to improve the appetite, stimulate the digestive organs, enrich the blood and restore to the system its normal tone, energy and nerve force. They also help to correct conditions due to rich diet, lack of exercise and constipation, often referred to as a run-down condition, or spring fever. This generally needed medicine is convenient, easy to take and economical.

#### Worm Lozenges

Candy-like wafers containing santonin, the active principle of worm seed, to destroy and eliminate from the intestines round worms, thread worms and seat worms. Frequently needed by children.

#### Alkaline Tablets

These tablets supply pepsin, arouse digestive activity and help to overcome the distresses of over-eating and acidity and resulting indigestion, sour stomach, gas and belching.

## Cold Medicines

Economically colds are the most destructive of human ills. Though medical science offers no specific cure, long experience has shown that the best cough and cold medicines tend to prevent or reduce the severity or duration of some of the various symptoms of colds. You can have fewer colds in your family and those less severe and lasting by care in building up resistance and avoiding exposure and by prompt and vigorous relief measures for each cold symptom. As no medicine is equally effective in all cases or for all conditions in colds, several should be at hand and used to combat each cold in more than one way.

#### Rawleigh's Ready Relief

This volatile inhalant places six medicinal oils on the linings of nose and throat where colds start and thus helps to check infection and allay local congestion, inflammation and irritation in head colds and acute nasal catarrh so that in many cases it has great usefulness as a relief. When it is breathed in from a handkerchief, the stuffiness of the nasal passages begins clearing up because its soothing vapors reach the seat of the trouble.

#### Cold Tablets

A quinine-bromide, acetanilid, laxative tablet used to reduce the severity and



duration of such distressing symptoms of common colds, as headaches, feverishness and aching pains and to help carry off wastes from the system which may be aggravating causes or effects of colds. They are convenient, easily taken and unusually satisfactory.

#### Cough Lozenges

This medicated candy tablet to dissolve in the mouth contains ingredients that are expectorants and soothing palliatives for the irritations and tickling in the membranes of the throat in many cases of common sore throat and hoarseness due to colds that cause coughing. They are safe and prompt in aiding to quiet paroxysms of coughing.





### Nose and Throat Drops

This liquid application for the mucous linings of nose and throat contains a recently discovered drug of great usefulness in nasal congestions associated with acute catarrhal conditions, hay fever and common head colds, together with soothing antiseptic oils. It reaches and lubricates practically all the membrane surfaces where colds usually start and soothes the irritated membranes and helps to reduce the severity and duration of the irritating conditions when stuffiness in the head and rawness of the throat are felt as symptoms of a cold. Easily administered when the patient is reclining with head lowered. Try it and be convinced.

### Cough Balsam

This is a combination of expectorants, carminatives, emetics, balsams and other drugs prepared for use in various forms of colds to soothe the irritated membranes, loosen phlegm, increase expectoration and to reduce hoarseness, tickling in throat and spasmodic impulse to cough due to colds.

### Cough Syrup

Careful mothers who want a medicine that is safe and yet strong enough to ease the irritations that cause coughing have found Rawleigh's Cough Syrup especially satisfactory. It is an expectorant and sedative medicine for certain conditions in common colds to relieve coughing, simple sore throat, hoarseness, tickling in throat and minor bronchial irritations. It is a pleasant tasting medicine that saves much discomfort and straining by quieting the spasmodic impulse to cough.

### Thyme Cough Compound

This medicine for relieving irritations in the throat, due to colds that cause

coughing or hoarseness, has as its main ingredient an extract of the medicinal thyme plant. Its action soothes irritated membranes of the throat and helps to liquify and throw off the thick, tenacious sputum. It also reduces frequency of coughing by quieting the spasmodic impulse to cough and, by its mild sedative effect upon the throat, relieves the straining that often prevents rest or sleep. Best results are obtained if it is held in the mouth and throat and swallowed slowly. It is pleasant tasting and does not upset the stomach or appetite and often stops fits of coughing when nothing else seems to help.



### Liquid Antiseptic and Mouth Wash

A powerful, safe antiseptic and protection against infection. An efficient mouth wash and gargle. Use it for bad breath, cankers, cold sores and simple sore throat. A splendid astringent and deodorant. Has a refreshing flavor and unusual strength and can be diluted. Useful for many purposes and a large value.

### Other Aids in Controlling Colds

Since colds are aggravated by constipation and acidity, the bowels should be kept free and the system alkaline. For these conditions Rawleigh's Effervescent Salts and Milk of Magnesia are useful. Other aids in preventing or relieving colds or recovering from their effects are Rawleigh's Cod Liver Oil, Liquid Antiseptic, Asafen Tablets, Vapor Balm, Mustard Application, Medicated Ointment and Tonic Compound. There is saving in having them on hand and using them promptly when needed.



## VETERINARY SUPPLIES

Every dairyman, stockman and farmer frequently needs reliable medicines, disinfectants, and insecticides for use with livestock. The following supplies are reliable and may save many losses and increase the profits from livestock.

### Stock Dip and Disinfectant

Standardized to high germicidal strength. For disinfecting premises and killing parasites and disease germs wherever there is livestock or poultry. Unusual quality and value.

### Powdered Louse Killer

A "dry dip" insecticide for lice on hogs and other livestock and poultry. Also a drying deodorizer good for winter use.

### Ideal Fly Repellent

A liquid spray that is a powerful killer and repellent to protect livestock from flies, mosquitoes and gnats. It also kills lice, fleas, ticks and poultry mites.

(1) It kills many flies outright when sprayed in the stable.

(2) It keeps flies, gnats, etc., off stock while in pasture so that they feed contentedly and do not fall off in production.

(3) It permits milking without the annoyance of fly fighting.

(4) It will not taint the milk.

(5) It does not stain or injure hide or hair of cattle.

(6) You use less, but it is more effective and for a longer time than cheap cattle sprays and therefore more satisfactory and economical.

(7) It is easily sprayed with a Rawleigh Sprayer in a light cloud of mist that overtakes and surrounds flies rising from cattle in the stable and deposits on the hair a coating that keeps flies from alighting on the cattle in the pasture or paralyzes them if they do.

### "TET" Worm Capsules

For round worms in pigs, sheep, or goats. Soft gelatine capsules containing the most effective worm destroyer known.

### Worm Oil for Hogs

Contains oil of chenopodium and carminatives in a laxative oil base for use in the feed to remove round worms from pigs. Easily given, effective and economical.

### Colic and Bloat Compound

A specific relief for spasmodic colic in



horses and bloating in cattle. Saves many losses and should be on every farm.

### Veterinary Ointment

A soothing salve for use on livestock to reduce inflammations, protect against infections and promote conditions favorable to healing.

### Application

A liquid external medicine for wounds, galls, sores, inflammations, proud flesh and swellings.

### Healing Powder

A dusting powder of 100% pure medicine for assisting in stopping bleeding and protecting, drying and promoting healing of cuts, sores, wounds, galls, sore necks and shoulders of work horses, wire cuts, proud flesh and skin abrasions. Supplied in sifting top pound cans. Should be in every barn or stable.

### Iodized Stock Tonic

A tonic and regulator to promote thrifty gains and production in hogs, cattle, horses or sheep and to aid in producing strong offspring.

### All-Medicine Stock Mixture

A regulator for horses, cattle, or sheep of which each ingredient has medicinal value.

### Medicated Mineral Mixture for Hogs

Contains iodine, tonics, regulators and the most essential minerals for bone development. Balances rations and nutrition and promotes thrift and growth at a saving of feed.

### All-Medicine Hog Mixture

Supplies the elements the system of swine needs. Contains no fillers but each ingredient has medicinal value.





## Poultry Raisers' Supplies

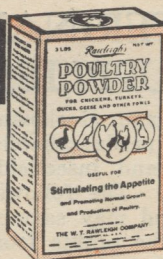
The poultry raiser must be prepared to fight constantly germs, parasites and disease with reliable disinfectants, insecticides and medicines. To make profits too, supplies are needed to promote growth and production.

### Louse Powder

A dusting powder for killing lice or fleas on poultry or domestic animals and killing or driving away poultry mites. Also a deodorizer.

### Septo Powder

For roup and colds in poultry, this powder has long been used as a preventive and palliative. It is used in the drinking water to make an internal antiseptic helpful in many cases of diarrhea, chicken pox and catarrhal conditions.



### Astringent Tablets

A safe intestinal astringent useful in many cases of common diarrhea in baby chicks. 200 Tablets for use in drinking water. A large value.

### Poultry Worm Capsules

For round worms in poultry to be given to each bird without fasting.

### Poultry Powder

Contains proteins, minerals, stimulants and regulators to help keep poultry thrifty and promote growth, early laying and heavy egg production. Not an expense but a paying investment for poultry owners.

## Your Checking List of Rawleigh Products

### Medicines

Liniment  
Anti-Pain Oil  
Camphor Balm  
Pleasant Relief  
Camphorated Oil  
Aspirin Tablets  
Asafen Tablets  
Medicated Ointment  
Rectal Ointment  
Vapor Balm  
Mustard Application  
Healing Salve  
Nasal Relief  
Cough Syrup  
Cough Balsam  
Thyme Compound  
Cold Tablets  
Ready Relief  
Nose & Throat Drops  
Cough Lozenges  
Tonic Compound  
Cod Liver Oil  
Nux & Iron Tablets  
Ru-Mex-Ol  
Chill Tonic  
Laxative Tablets  
Cathartic Pills  
Laxative Syrup  
Laxative Tea  
Effervescent Salts  
Rawleigh's Castoria  
Milk of Magnesia  
Liquid Antiseptic  
Witch Hazel  
Diuretic Tablets  
Headache Tablets  
Alkaline Tablets  
Worm Lozenges  
Application for Corns

### Toilet Preparations

Complexion Powders  
Compact Powders  
Cold Creams  
Cleansing Creams  
Lemon Cream  
Rouge  
Vanishing Cream  
Dental Cream  
Tooth Brushes  
Face Lotion  
Almond Lotion  
Lemon Lotion  
Ideal Lotion  
Hair Tonic  
Liquid Shampoo  
Wave Set  
Hair Straightener  
Brilliantine  
Sweet Clover  
Rose Pomade  
Foot Powder  
Poudre Toilette  
Bath Salts  
Lipstick  
Perfumes  
Talcums  
Toilet Waters  
Toilet Soaps  
Vegetable Oil  
Economy  
Cocoa Castile  
Good Health  
Olive and Palm  
Shaving  
Cocopalim  
Lemon Cocoa  
Shaving Cream  
Pine Tar  
Hand Cleanser

### Extracts and Spices

Vanilla Compound  
Lemon  
Mixed  
Orange  
Banana  
Pineapple  
Strawberry  
Wintergreen  
Maple  
Peppermint  
Almond  
Walnut  
Yellow Color  
Red Color  
Black Pepper  
Whole Mixed Spice  
Cinnamon  
Mustard  
Nutmeg  
Ginger  
Allspice  
Sage  
Cloves  
Red Pepper  
Celery Salt

### Fruit Flavor Drinks

Orange Nectar  
Lemon Nectar

### Food Products

Baking Powder  
Prepared Mustard  
Shredded Coconut  
Cream of Tartar  
Pie Fillings  
Cocoa  
Fruit Pectin  
Chewing Gum  
Mint Sweets

### Miscellaneous

Fly Killer  
Insect Powder  
Disinfectant (Kreol)  
Chlorozone  
Washing Compound  
Washing Powder  
Cleanser  
Ideal Oil  
Starch-Aid  
Furniture Polish  
Shoe Polish  
All-Purpose Cement  
Sprayers

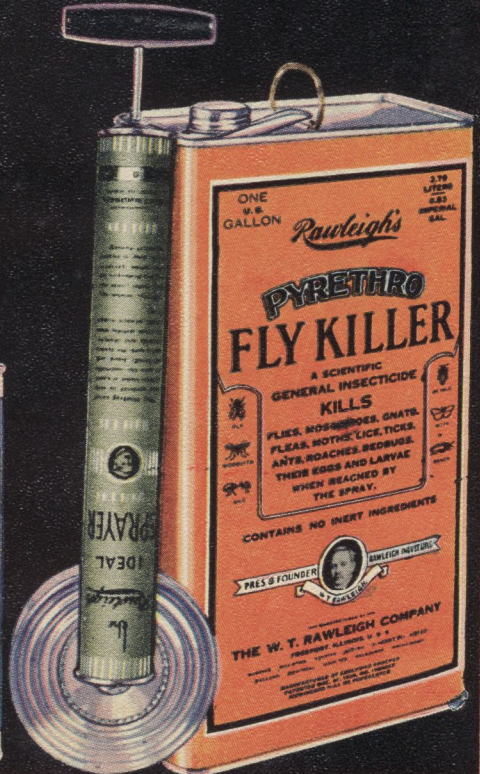
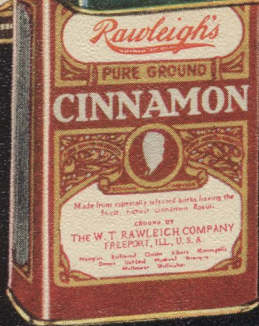
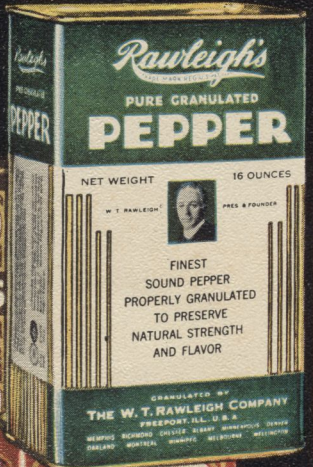
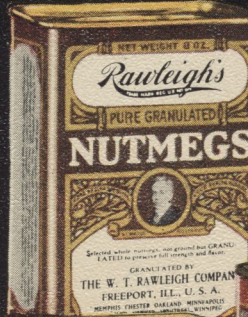
### Stock and Poultry Raisers' Supplies

Fly Repellent  
Fly Chaser  
Louse Powder  
Louse Killer  
Roost Paint  
Hog Mixture  
Stock Mixture  
Stock Tonic  
Minerals, Hog  
Minerals, Cattle  
Minerals, Poultry  
Dip and Disinfectant  
Kreol  
Poultry Powder  
Worm Powder  
Poultry Worm Capsules  
Astringent Tablets  
Septo Powder  
Colic and Bloat  
Compound  
Healing Powder  
Application  
Veterinary Ointment  
Udder Balm  
"TET" Worm Capsules  
Hog Worm Oil

*"It's better to have them and not need them than to need them and not have them"*



# Needed daily in almost every home







With Compliments and Best Wishes of your  
**RAWLEIGH DEALER**

From this Catalog you may conveniently select supplies that will be needed by your family. When they are brought to your home you should be sure to keep plenty so they will be ready for use when needed.