



"CHIC"

HELPS
AND
HINTS



Compliments of
CHICHESTER
CHEMICAL
COMPANY,
PHILADELPHIA, PA.,
U. S. A.

92349

“CHIC”

HELPS AND HINTS ON

**BEAUTY
HEALTH AND LIFE
BUSINESS
MANNERS AND LAW**

**A LITTLE ENCYCLOPEDIA OF
USEFUL INFORMATION
FOR ALL**

PRICE, 25 CENTS.

**CHICHESTER
CHEMICAL COMPANY**

**MADISON SQUARE
PHILADELPHIA, PA. U. S. A.**

COPYRIGHT, 1903.

BY CHICHESTER CHEMICAL COMPANY.

CALENDAR 1905.

1905	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	1905	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN	1	2	3	4	5	6	7	JUL	2	3	4	5	6	7	8
	8	9	10	11	12	13	14		9	10	11	12	13	14	15
	15	16	17	18	19	20	21		16	17	18	19	20	21	22
	22	23	24	25	26	27	28		23	24	25	26	27	28	29
	29	30	31						30	31					
FEB				1	2	3	4	AUG			1	2	3	4	5
	5	6	7	8	9	10	11		6	7	8	9	10	11	12
	12	13	14	15	16	17	18		13	14	15	16	17	18	19
	19	20	21	22	23	24	25		20	21	22	23	24	25	26
	26	27	28						27	28	29	30	31		
MAR				1	2	3	4	SEP					1	2	
	5	6	7	8	9	10	11		3	4	5	6	7	8	9
	12	13	14	15	16	17	18		10	11	12	13	14	15	16
	19	20	21	22	23	24	25		17	18	19	20	21	22	23
	26	27	28	29	30	31			24	25	26	27	28	29	30
APR							1	OCT	1	2	3	4	5	6	7
	2	3	4	5	6	7	8		8	9	10	11	12	13	14
	9	10	11	12	13	14	15		15	16	17	18	19	20	21
	16	17	18	19	20	21	22		22	23	24	25	26	27	28
	23	24	25	26	27	28	29		29	30	31				
	30											1	2	3	4
MAY		1	2	3	4	5	6	NOV	5	6	7	8	9	10	11
	7	8	9	10	11	12	13		12	13	14	15	16	17	18
	14	15	16	17	18	19	20		19	20	21	22	23	24	25
	21	22	23	24	25	26	27		26	27	28	29	30		
	28	29	30	31										1	2
JUN					1	2	3	DEC	3	4	5	6	7	8	9
	4	5	6	7	8	9	10		10	11	12	13	14	15	16
	11	12	13	14	15	16	17		17	18	19	20	21	22	23
	18	19	20	21	22	23	24		24	25	26	27	28	29	30
	25	26	27	28	29	30			31						

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GOOD MANNERS.

Always be polite and courteous.

Keep your temper. Keep serene.

Be obliging and cheerful.

Say "Good Morning" to all the members of your family when you come down in the morning.

Don't eat with your knife.

Don't pick your teeth in public.

Don't whisper in company.

Never talk too much.

Don't eat fast.

Never contradict nor interrupt.

Avoid all slang and vulgarity.

Don't talk loudly.

ALWAYS USE CHICHESTER'S PILLS.

BEAUTY HINTS.

HOW TO BE BEAUTIFUL.

Sleep eight hours.

Eat wholesome food.

Take a sponge or towel bath daily.

Eat little meat.

Avoid tea and coffee.

Eat grains and fruits simply cooked.

Get plenty of fresh air.

Breathe deeply and slowly.

Sleep on your right side.

Exercise moderately every day.

Avoid intoxicants.

Shun rich and greasy food.

Keep serene.

Keep your temper.

Use Chichester Chemical Co.'s Toilet Requisites. (See page 21), and

ALWAYS USE CHICHESTER'S PILLS.

DONT'S.

Don't worry.

Don't hurry.

Don't overeat.

Don't starve.

Don't be selfish.

Don't neglect exercise.

Don't be without Chichester's Pills.

Don't act on impulse.

Don't be impolite.

Don't lose your temper.

Don't gossip.

Don't say unkind things.

Don't be affected.

Don't complain.

Don't be conceited.

Don't tease.

Don't be a fault finder.

Don't be prim.

Don't be a prude.

Don't fail to use

CHICHESTER'S PILLS.

CHICHESTER'S ENGLISH PENNYROYAL PILLS.

THE ORIGINAL AND ONLY GENUINE.

Every woman in the land should use them and recommend them to her friends.

THE BEST.

THE SAFEST.

THE ONLY RELIABLE.

Ask your Druggist for them. If he does not keep or will not get them for you, send \$2 00 (with 10c. in stamps for postage and packing) for one box; sent you by return mail, securely sealed. Address:

Chichester Chemical Company,
2315-2319 MADISON SQUARE,
PHILADELPHIA, PA.

Beware of substitutes and imitations. Ask for
CHICHESTER'S ENGLISH
and refuse all others.

ADDRESSES.

Buy only **Chichester's English Pennyroyal Pills.** Price \$2.00 per box. Sold by all Druggists, or sent securely sealed on receipt of price and 10c. in stamps for postage and packing. Address: **Chichester Chemical Co., Madison Square, Philadelphia, Pa.**

CHICHESTER'S PILLS.

WOMAN'S SAFEGUARD,



**ASK YOUR DRUGGIST
FOR THEM.**

PRICE \$2.00.

WORTH THEIR WEIGHT IN GOLD.

**THEY ARE THE ONLY
GENUINE.**

NEVER BE WITHOUT THEM.

BIRTHDAY STONES.

WEAR THE STONE OF THE MONTH IN WHICH YOU WERE BORN.

MONTH	STONE	DENOTES
Jan.....	Garnet.....	Constancy
Feb...	Amethyst..	Temperance
March..	Bloodstone..	Wisdom
"	..Hyacinth.....	Courage
April...Sapphire..	Repentance	
"	...Diamond...	Innocence
May.	Emerald.	Fidelity in Love
June.....	Pearl.....	Long Life
"Agate..	Health, Peace
July.....	Ruby.....	Vitality
Aug.	Moonstone...	Felicity
"Sardonyx.....	Fidelity
Sept...Chrysolite..	Joyousness	
"	..Sapphire..	Purity, Truth
Oct...Opal..	Hope, Keen Sight and Faith.	
Nov.....	Topaz....	Friendship
Dec.....	Turquoise..	Prosperity Love

USE CHICHESTER'S PILLS
Every month in the year.

MEMORANDA.

Use Chichester's Pills.
Price \$2.00. Sold by all Drug-
gists or sent securely sealed on
receipt of price, \$2.00, and 10c.
in stamps for postage and
packing. Address: Chiches-
ter Chemical Co., Madison
Square, Philadelphia, Pa.

LEGAL MAXIMS.

Never sign a paper or document without first reading it.

Ignorance of the law excuses no one.

Never try to be your own lawyer.

Avoid litigation. Concede much before going to law.

A note dated on Sunday is void.

An agreement without consideration is void.

On the death of her husband the wife is entitled to one-third of all the personal property and a life interest in the realty, (land, etc.)

Lead pencil signatures are good in law.

FIVE LARGEST CITIES.	CENSUS OF 1900.		
New York	-	-	3,437,202
Chicago	-	-	1,698,575
Philadelphia	-	-	1,293,697
St. Louis	-	-	575,238
Boston	-	-	560,892

ALWAYS USE CHICHESTER'S PILLS.

STAMP FLIRTATION.

(All these "flirtation codes" are silly. We give this, but wise persons will not use them.)

Upside down, left upper corner: "I love you."

Same corner, crosswise: "I love another."

Straight up and down: "Good-bye."

Upside down, right lower corner: "Write no more."

In centre, top: "Yes."

In centre, bottom: "No."

Middle of right-hand edge: "Write soon."

Right hand corner, diagonally: "Do you love me?"

Same, left hand corner: "I hate you."

On line with surname: "Accept my love."

Same place, upside down: "I am engaged."

Ask your Druggist for

CHICHESTER'S PILLS.

LANGUAGE OF FLOWERS.

The Rose generally: "Love."

Red Rose: "I love you."

White Rose: "I am worthy."

Yellow Rose: "Jealousy."

Violet: "Modesty."

Pansy: "Your thoughts."

White Lily: "Sweetness."

Lily of the Valley: "Happiness."

White Carnation: "Disdain."

Chrysanthemum: "Enduring love."

Golden Rod: "Be cautious."

Daisy: "Innocence."

Forget-Me-Not: "True love."

Rose Geranium: "I prefer you."

Heliotrope: "Devotion."

Columbine: "Folly."

Lady's Slipper: "Win me."

Primrose: "Inconstancy."

Passion Flower: "Faith."

Sweet Pea: "Depart."

Verbena: "Pray for me."

USE CHICHESTER'S PILLS.

CALENDAR 1906.

1906	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	1906	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN	7	8	9	10	11	12	13	JUL	1	2	3	4	5	6	7
	14	15	16	17	18	19	20		8	9	10	11	12	13	14
	21	22	23	24	25	26	27		15	16	17	18	19	20	21
	28	29	30	31					22	23	24	25	26	27	28
									29	30	31				
FEB	4	5	6	7	8	9	10	AUG	5	6	7	8	9	10	11
	11	12	13	14	15	16	17		12	13	14	15	16	17	18
	18	19	20	21	22	23	24		19	20	21	22	23	24	25
	25	26	27	28					26	27	28	29	30	31	
MAR	4	5	6	7	8	9	10	SEP							1
	11	12	13	14	15	16	17		2	3	4	5	6	7	8
	18	19	20	21	22	23	24		9	10	11	12	13	14	15
	25	26	27	28	29	30	31		16	17	18	19	20	21	22
									23	24	25	26	27	28	29
									30						
APR	1	2	3	4	5	6	7	OCT		1	2	3	4	5	6
	8	9	10	11	12	13	14		7	8	9	10	11	12	13
	15	16	17	18	19	20	21		14	15	16	17	18	19	20
	22	23	24	25	26	27	28		21	22	23	24	25	26	27
	29	30							28	29	30	31			
MAY	6	7	8	9	10	11	12	NOV						1	2
	13	14	15	16	17	18	19		4	5	6	7	8	9	10
	20	21	22	23	24	25	26		11	12	13	14	15	16	17
	27	28	29	30	31				18	19	20	21	22	23	24
									25	26	27	28	29	30	
JUN	3	4	5	6	7	8	9	DEC							1
	10	11	12	13	14	15	16		2	3	4	5	6	7	8
	17	18	19	20	21	22	23		9	10	11	12	13	14	15
	24	25	26	27	28	29	30		16	17	18	19	20	21	22
									23	24	25	26	27	28	29
									30	31					

POSTAL INFORMATION.

RATES OF POSTAGE.

Domestic :—United States, Canada, Mexico, Puerto Rico, Hawaii—Letters 2c. for each ounce ; Printed Matter, Books, Photos, etc., 1c. each two ounces ; Newspapers and Periodicals, 1c. each four ounces ; Merchandise, not sealed, 1c. each ounce ; Money Orders, 3c. to 30c. ; Registry Fee, letters or packages, 8c. ; Special Delivery requires special delivery stamp, 10c.

Foreign Postage—Letters, 5c. each half ounce : Papers, same as in U. S.

When sending for

CHICHESTER'S PILLS

Get a P. O. Money Order on
Philadelphia, Pa.

CALENDAR

1907.

1907	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	1907	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN	6	7	8	9	10	11	12	JUL	7	8	9	10	11	12	13
	13	14	15	16	17	18	19		14	15	16	17	18	19	20
	20	21	22	23	24	25	26		21	22	23	24	25	26	27
	27	28	29	30	31				28	29	30	31			
FEB	3	4	5	6	7	8	9	AUG	4	5	6	7	8	9	10
	10	11	12	13	14	15	16		11	12	13	14	15	16	17
	17	18	19	20	21	22	23		18	19	20	21	22	23	24
	24	25	26	27	28				25	26	27	28	29	30	31
MAR	3	4	5	6	7	8	9	SEP	1	2	3	4	5	6	7
	10	11	12	13	14	15	16		8	9	10	11	12	13	14
	17	18	19	20	21	22	23		15	16	17	18	19	20	21
	24	25	26	27	28	29	30		22	23	24	25	26	27	28
	31								29	30					
APR	1	2	3	4	5	6		OCT	6	7	8	9	10	11	12
	7	8	9	10	11	12	13		13	14	15	16	17	18	19
	14	15	16	17	18	19	20		20	21	22	23	24	25	26
	21	22	23	24	25	26	27		27	28	29	30	31		
	28	29	30												
MAY	5	6	7	8	9	10	11	NOV	3	4	5	6	7	8	9
	12	13	14	15	16	17	18		10	11	12	13	14	15	16
	19	20	21	22	23	24	25		17	18	19	20	21	22	23
	26	27	28	29	30	31			24	25	26	27	28	29	30
JUN	2	3	4	5	6	7	8	DEC	1	2	3	4	5	6	7
	9	10	11	12	13	14	15		8	9	10	11	12	13	14
	16	17	18	19	20	21	22		15	16	17	18	19	20	21
	23	24	25	26	27	28	29		22	23	24	25	26	27	28
	30								29	30	31				

USE CHICHESTER'S PILLS.

NICKNAMES OF STATES.

- Alabama—*Plantation State.*
California—*Golden State.*
Colorado—*Centennial State.*
Delaware—*Diamond State.*
Illinois—*Prairie State.*
Iowa—*Hawkeye State.*
Indiana—*Hoosier State.*
Kansas—*Sunflower State.*
Kentucky—*Blue Grass State.*
Maryland—*Old Line State.*
Massachusetts—*Bay State.*
Michigan—*Wolverine State.*
Minnesota—*North Star State.*
Missouri—*Bullion State.*
Nebraska—*Antelope State.*
New Jersey—*Garden State.*
New York—*Empire State.*
N. Carolina—*Old North State.*
Ohio—*Buckeye State.*
Pennsylv'ia—*Keystone State.*
S. Carolina—*Palmetto State.*
Texas—*Lone Star State.*
Virginia—*Old Dominion.*
Wisconsin—*Badger State.*

BABY'S TEETH.

The first of the temporary (or "baby") teeth (20 in number) appear between the seventh and tenth months after birth.

The last appear at from two to four years. These remain for seven to fifteen years.

The first of the permanent teeth (32 in number) appear about the seventh year.

The last ("Wisdom Teeth") appear from the fifteenth to the twenty-first years.

Nursing mothers can use **Chichester's Pills** with perfect safety to mother and child.

Sold by all Druggists or sent securely sealed on receipt of price, \$2.00 per box, and 10c. for postage and packing.

Address :

Chichester Chemical Co.
PHILADELPHIA, PA.

CHICHESTER'S PILLS.



SAFE. RELIABLE. USE NO OTHER.

**CHICHESTER'S PILLS ARE
FOR SALE BY ALL
DRUGGISTS.**

PRICE \$2.00.

**ASK FOR THEM.
REFUSE ALL SUBSTITUTES
AND IMITATIONS.**

Chichester Chemical Co.

MADISON SQUARE, PHILA., PA.

PRICE LIST OF

**CHICHESTER CHEMICAL COMPANY'S
TOILET REQUISITES.**

CHICHESTER'S **PACKAGE**

Adipo Malene, for the bust. Particulars 6c...	\$5.00
Corpus Lean, reduces flesh. Particulars 6c...	2.00
Formulene. Particulars 6c..	3.00
Beauty Skin Complexion Tablets.....	1.00
Send 10c. for "Guide to Health and Beauty," giving full particulars of the following Toilet Requisites:	
Balm of Beauty, (for the Complexion.....	\$1.25
Tan Remover.....	1.25
Cascarine, Hair Tonic....	1.25
Complexion Beautifier..	2.00
Wrinkle Remover.....	2.00
Pimple Remedy.....	1.25
Mole Remedy.....	2.00
Pock Mark Effacer	2.00
Hair Dye.....	2.00
Freckle Eradicator.....	1.25

Chichester Chemical Company,

PHILADELPHIA, PA.

WEDDING ANNIVERSARIES.

- End of First Year
Cotton Wedding.
- End of Second Year
Paper Wedding.
- End of Third Year
Leather Wedding.
- End of Fifth Year
Wooden Wedding.
- End of Seventh Year
Woolen Wedding.
- End of Tenth Year
Tin Wedding.
- End of Twelfth Year
Silk and Fine Linen.
- End of Fifteenth Year.
Crystal Wedding
- End of Twentieth Year
China Wedding.
- End of Twenty-fifth Year
Silver Wedding.
- End of Thirtieth Year
Pearl Wedding.
- End of Fortieth Year
Ruby Wedding.
- End of Fiftieth Year
Golden Wedding
- End of Seventy-Fifth Year
Diamond Wedding.

NORMAL PULSE AND TEMPERATURE.

Normal Pulse, in adults,
standing:

Men, 72 to 76 per minute.

Women, 76 to 88 per minute.

Children, 90 to 120 per minute.

The pulse is from four to eight beats faster when standing than when lying down.

Normal temperature, 98 2-5° F.

Fever temperature, 100°.

High fever, 104° to 106°.

The old saying: "stuff a cold and starve a fever" has cost thousands of lives.

A "cold" is only a local fever, and the *real* meaning of this much misunderstood saying is: *if* you stuff a cold, then you will have a fever that you will have to starve.

Better starve the "cold"—and then you will not have the fever.

USE CHICHESTER'S PILLS.

HEALTH HINTS,

HOW TO BE HEALTHY.

Use care in diet.

Exercise moderately and regularly every day.

Spend an hour a day in the open air.

Take a sponge or towel bath every day of your life. Rub well afterward.

Shun rich, greasy dishes, spices and sauces.

Eat slowly; masticate well.

Breathe slowly and deeply.

Avoid tea, coffee and stimulants.

Drink plenty of water in sips.

Get plenty of fresh air, pure food, moderate exercise.

Eat little meat; avoid anger.

Rest when tired; be cheerful.

Think healthful thoughts.

Don't eat between meals.

Sleep on the right side.

Get eight hours sleep.

Take frequent holidays; and last, but best,

ALWAYS USE CHICHESTER'S PILLS.

CALENDAR 1908.

1908	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	1908	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN	6	6	7	8	9	10	11	JUL	6	6	7	8	9	10	11
	12	13	14	15	16	17	18		12	13	14	15	16	17	18
	19	20	21	22	23	24	25		19	20	21	22	23	24	25
	26	27	28	29	30	31			26	27	28	29	30	31	
FEB	3	3	4	5	6	7	8	AUG	3	3	4	5	6	7	8
	9	10	11	12	13	14	15		9	10	11	12	13	14	15
	16	17	18	19	20	21	22		16	17	18	19	20	21	22
	23	24	25	26	27	28	29		23	24	25	26	27	28	29
									30	31					
MAR	1	2	3	4	5	6	7	SEP			1	2	3	4	5
	8	9	10	11	12	13	14		6	7	8	9	10	11	12
	15	16	17	18	19	20	21		13	14	15	16	17	18	19
	22	23	24	25	26	27	28		20	21	22	23	24	25	26
	29	30	31						27	28	29	30			
APR				1	2	3	4	OCT					1	2	3
	5	6	7	8	9	10	11		4	5	6	7	8	9	10
	12	13	14	15	16	17	18		11	12	13	14	15	16	17
	19	20	21	22	23	24	25		18	19	20	21	22	23	24
	26	27	28	29	30				25	26	27	28	29	30	31
MAY						1	2	NOV	1	2	3	4	5	6	7
	3	4	5	6	7	8	9		8	9	10	11	12	13	14
	10	11	12	13	14	15	16		15	16	17	18	19	20	21
	17	18	19	20	21	22	23		22	23	24	25	26	27	28
	24	25	26	27	28	29	30		29	30					
	31														
JUN		1	2	3	4	5	6	DEC			1	2	3	4	5
	7	8	9	10	11	12	13		6	7	8	9	10	11	12
	14	15	16	17	18	19	20		13	14	15	16	17	18	19
	21	22	23	24	25	26	27		20	21	22	23	24	25	26
	28	29	30						27	28	29	30	31		

USEFUL HINTS

For Obesity,

**USE CHICHESTER'S
CORPUS LEAN.**

To develop the Bust,

**USE CHICHESTER'S
ADIPO MALENE.**

To have a beautiful
Complexion,

**USE BEAUTYSKIN
COMPLEXION TABLETS.**

**AND USE CHICHESTER'S
BALM OF BEAUTY.
COMPLEXION BEAUTIFIER.
WRINKLE REMOVER.
PIMPLE REMEDY.
TAN REMOVER.
MOLE REMEDY, AND
POCK MARK EFFACER.**

(Read Page 21.)

And always

USE CHICHESTER'S PILLS.

CHICHESTER'S PILLS.

EVERY LADY IN THE
LAND SHOULD
USE THEM.



ALL DRUGGISTS SELL
THEM.

PRICE \$2.00 PER BOX.

CHICHESTER CHEMICAL CO.

PHILADELPHIA, PA.

ACCIDENTS AND EMERGENCIES.

WHAT TO DO.

If serious always send for a physician at once.

Broken Limbs or Bones: keep patient quiet and send for a physician at once.

Bruises: arnica oil, hot applications.

Burns and Scalds: apply a thick coating of flour or corn starch or baking soda dredged on; lime water, calendula cerate, ozonated turpentine.

Convulsions ("Fits"): lay patient on back, loosen clothing, sprinkle cold water on face and chest, give fresh air.

Croup: warm bath, rub neck and chest with warm oil or lard.

Cuts: bathe with turpentine, (keep away from fire or flame). Apply calendula cerate or vaseline.

USE CHICHESTER'S PILLS.

ACCIDENTS AND EMERGENCIES.

WHAT TO DO.

Fainting: lay the person flat on back; loosen clothing; dash cold water in face; give spirits of camphor to smell.

Frost Bite: rub with snow or ice water. Keep away from warmth.

Nose Bleed: apply ice water over nose; snuff up a little lemon juice or tannin.

Sea Sickness: cocculus indicus, 3x trituration.

Stings and Mosquito Bites: bathe with alcohol, weak ammonia, turpentine, spirits of camphor, baking powder in water.

Sun Stroke: absolute rest and quiet, lying down: plenty of fresh air; loosen clothing; cold to head, chest and neck.

Always keep

CHICHESTER'S PILLS
in the house.

ANTIDOTES TO POISONS.

FOR POISONING WITH:

Acids: give magnesia, chalk, sweet (or olive) oil, milk.

Alkalies: give weak acids, (vinegar, lemon juice, citric acid) followed by olive or castor oil; milk.

Arsenic: give tincture of iron, magnesia, milk, chalk and water.

Carbolic Acid: give powdered chalk, epsom salts, milk, white of egg.

Always keep

CHICHESTER'S PILLS

on hand.

PRICE \$2.00.

Sold by all Druggists or sent securely sealed on receipt of price, \$2.00 per box and 10c. for postage and packing.

Address:

Chichester Chemical Co.

MADISON SQUARE, PHILA., PA.

ANTIDOTES TO POISONS.

FOR POISONING WITH :

Alcohol: use stomach pump, emetics, cold water, strong coffee.

Chloroform, Chloral, Ether: give fresh air, ammonia to nostrils, vigorous exercise, artificial respiration.

Gas: pure air, ammonia to nostrils, ether, warm water, artificial respiration.

Morphine and Opium: use stomach pump, emetics, vigorous exercise, artificial respiration, strong coffee.

Poison Ivy or Oak: bathe the parts in rich cream or with chloro naphtholeum, phenol sodique, or with baking soda.

USE CHICHESTER'S PILLS.

COMMON DISEASES AND AILMENTS.

WHAT TO DO.

Bed Wetting : care in diet; no fluid or drink in evening; give mullein oil.

Blisters : apply vaseline, or cantharis cerate.

Boils : fast for a day or two; take a teaspoonful of epsom salts three times a day; calc. sulph. ; ferrum phos.

Catarrh : care in diet; exercise in the open air; deep, slow breathing. No meat.

Canker : calc. sulph., (homeopathic, 3x trituration.)

Carbuncles : ferrum phos. ; calc. sulph. ; arnica 3x and 6x, (homeo.) ; epsom salts, (same as for boils) ; no meat.

USE CHICHESTER'S PILLS.

Chapped Lips or Hands: calendula cerate; borax cerate; glycerine and rose water; vaseline.

Colic: (stomach ache,) empty the stomach; drink hot water; ferrum phos., nat. phos.

Chilblains: boracic acid; cantharis cerate; chloro naphtholeum; spirits of turpentine (keep away from fire or lamp); kerosene.

Colds: fast for a day or two; hot air baths; deep, slow breathing.

Constipation: one level teaspoonful of phosphate of sodium in glass of water or milk every night and morning. Eat whole wheat bread, granola, granose flakes, grape nuts. Leave off meat, tea and coffee; exercise regularly in open air. Most important of all, be regular in attending call of nature every day at the same hour. Take cascara sagrada as a laxative.

USE CHICHESTER'S PILLS.

COMMON DISEASES AND AILMENTS.

WHAT TO DO.

Corns: easy shoes; apply vaseline. Use Hindoo corn cure. Rub with turpentine.

Corpulency: use Chichester's "Corpus Lean."

Cough: ferrum phos.; Turkish or hot air baths; care in diet.

Diarrhœa: care in diet; no meat; take phosphate of soda; nux vomica and sulphur, (homeopathic.)

Diphtheria: kali mur; ferum phos.

Dyspepsia: care in diet; no meat; moderate exercise; deep breathing.

Fevers (ordinary): fasting or very restricted diet (milk and fruit juices only). Warm baths, wet sheet packs; deep breathing.

USE CHICHESTER'S PILLS.

COMMON DISEASES AND AILMENTS.

WHAT TO DO.

Grip (Influenza): care in diet, rest in bed, enemas, hot air baths, deep, slow breathing.

Piles: care in diet; no meat; take phosphate of soda, nux vomica and sulphur (homeopathic.)

Small Pox: give cream of tartar; ferrum phos.; kali mur; digitalis; sulphur.

Teething: care in diet; no solid food; warm sponge baths.

Toothache: kali phos. 6x; merc. 6x; oil of cloves.

Warts: touch with a little nitric acid a few times. Rub turpentine on every day for two or three weeks.

Worms: care in diet; no meat; eat grains and fruits simply cooked; give santonine and enemas.

USE CHICHESTER'S PILLS.

TOILET RECIPES.

Tan : wash face and hands in buttermilk. Use **Chichester's Tan Remover**.

Freckles : rub with lemon juice. Use **Chichester's Freckle Eradicator**.

Sunburn : cold cream ; calendula cerate ; sweet cream ; lanoline.

Blackheads : wash well with soap and hot water ; apply vaseline, then squeeze out. Use **Chichester's Black-head Remedy**.

We manufacture a full line of elegant Toilet Requisites. Send us your order. (See p. 21.)

Don't be without

CHICHESTER'S PILLS.

IF YOU NEED ANY TOILET REQUISITES

Send 10c. (stamps or silver) for
"GUIDE TO HEALTH
AND BEAUTY." (See page
21 for Price List of Toilet
Requisites.)

If you are suffering from
suppression, menstrual irreg-
ularity or any derangements
of the menstrual function, ask
your druggist for a box of
**CHICHESTER'S ENGL-
ISH PENNYROYAL
PILLS** or send direct to us
for a box. Price \$2.00, postage
and packing 10c.

Address:

CHICHESTER CHEMICAL CO.

2315-19 MADISON SQUARE,

PHILADELPHIA, PA., U. S. A.

HOUSEHOLD HINTS.

TO REMOVE STAINS.

Coffee : pour boiling water through stain.

Fruit : boiling water as above, or rub with solution of oxalic acid (poison, use care); rinse well.

Ink : same as above.

Blood : soak in cold water.

Scorch : wash in soapsuds and lay in sun.

Mildew : wash in soapsuds; lay in sun; buttermilk.

Grass : use alcohol and rinse well.

Paint : turpentine, naphtha; benzine and kerosene.

Grease : same as above; ammonia; powdered French chalk; blotting paper; whiting.

Keep lemons in water.

To keep milk from souring: a pinch of bicarbonate of soda (baking soda) to quart.

KEEP
CHICHESTER'S PILLS
ON HAND.

HOUSEHOLD HINTS.

To keep Silverware from Tarnishing: lay a piece of gum camphor in with it.

Hang up the brooms.

Disinfect with a solution of copperas.

To drive Ants away: Cayenne (red) pepper spread under paper on shelves of pantry and cupboard.

Polish brass or copper with old soft newspapers.

Try two meals a day; better health; more time.

For Moths: sprinkle floors and furniture with gasolene, (put out all fires and open all windows.) Wrap garments in old newspapers.

Keep

CHICHESTER'S PILLS

in the house at all times.

A PARTING WORD.

Show this little souvenir to your friends and ask them to send for it, and don't forget to buy only

CHICHESTER'S ENGLISH PENNYROYAL PILLS.



PRICE \$2.00.

For sale by all Druggists or sent securely sealed on receipt of price and 10c. in stamps for postage and packing.

Address:

**Chichester Chemical Company,
MADISON SQUARE, PHILA., PA.**

CHICHESTER'S ENGLISH PENNYROYAL PILLS

THE ORIGINAL.
THE ONLY GENUINE.
THE BEST.



FACSIMILE OF BOX $\frac{1}{16}$ ACTUAL SIZE
GENUINE SEALED WITH
BLUE SILK RIBBON.

SEE THAT YOU GET THE GENUINE
SOLD BY ALL DRUGGISTS
CHICHESTER CHEMICAL CO.

PHILADELPHIA, PA., U.S.A.