TO REMAIN YOUNG flush the bowels regularly with

"RIGA"

PURGATIVE WATER

A mild but sure saline purgative which softens the contents of the intestines and facilitates their expulsion without causing colic, cramps or discomfort.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

BEGINNINGS OF AIR CONQUEST

THE BRITISH AND DEVELOPMENT OF AERIAL COMBAT.

At the Present Stage There Are Three Branches of Aviation, Differing in Several Respects.

In an interesting communication to the National Geographic Society, Captain Andre de Berroeta, of the French aviation service, now on duty with the French Military Mission to America, traces the development of the airman's duties since the beginning of the world war.

"The preparation, conduct and results of an offensive military operation in Europe," says the captain, "bear but a faint resemblance to those of a battle at the opening of hostilities.

"The extraordinarily effective application of aircraft to the uses of war has greatly accelerated this radical transformation. To-day aviation reigns supreme over the field of battle.

"There are at the present time three branches of aviation, which differ in the duties performed, in the machines used and in the armament provided.

Branches of Aviation

"These are:

"First. The divisional or reconnaissance aviation, a valuable ally of the staff it serves, of the batteries whose firing it directs, of the infantry it assists in leading during the battle.

"Second. The aviation of combat, younger sister of the first and the most faithful ally she has for her protection from the aggressions of hostile airplanes. 'Attack the boche, down him or compel him to flee,' is its clearly offensive motto.

"Third. The aviation of bombardment, hitherto chiefly employed in reprisals for the aerial raids of the enemy, but now called to a much greater and perhaps a decisive role.

"Although essentially distinct, these three branches of aviation can only be effectively employed by the constant co-ordination of their efforts.

"When the war was declared the chief strength of the French and German armies lay in the masses of their infantry, in the power of their artillery and in the skill of their cavalry. However, it seemed the part of wisdom to put the few hundred airplanes we possessed at the service of the fighting forces, in order to facilitate the success of their undertakings. The offensive strength of both the French and German squadrons was very small in comparison with the millions of combatants ready to clash with each other, supported by the fire of several thousand cannon.

"But these airplanes possessed the power of exploring the field of battle to an extent far beyond that of the cavalry, for which this delicate and dangerous duty had hitherto been reserved. To them, accordingly, from the beginning of the war was intrusted the observation of the movements of the hostile armies.

Increased Services.

"During the whole period termed the 'war of movement'—that is to say until the battle of the Marne—the French commanders were kept promptly informed of the movements of the German forces, thanks to the airplane reconnaissances of our pilots, who, accompanied by staff officers, made flights far within the lines of the enemy and at a low altitude in the rear of hostile forces. The aviation of reconnaissances was thus created.

"The number of aircraft in use was so small that a hostile airplane was rarely encountered in the course of these reconnoitring expeditions. If adversaries did chance to meet, all the pilots could do was to shake their fists at each other or discharge their revolvers without the slightest chance of hitting. It was, however, from these gestures that aerial combat took its birth, the history of which will remain as one of the most brilliant epics of the present war.

"Taking advantage of their excursions within the lines of the enemy, the pilots carried with them a few artillery projectiles, which they dropped on hostile assemblages, camps or columns. Such was the beginning of aerial bombardment.

Johnny, Get Your Hoe.

Mr. A. Barnstead, organizing secretary of the National Committee on Food Resources of Nova Scotia, has sent the following, which was composed by Mr. George E. Graham, manager of the D.A.R., a subsidiary company of the C.P.R., and was sung with good effect at a public meeting held recently at Kentville, N.S.:

Johnny get your hoe, get your hoe, get your hoe,
Make your garden grow, make it grow, make it grow,
Plant your seeds from sea to sea,
Let them work for liberty.
Hurry right away, don't delay, start to-day,
Forward to the land with a right willing hand,
So we'll help defeat the Hun,
Now we've got him on the run.

Over there, over there, over there,
Send the food, send the food, over there,
For our brave boys need it, our brave boys need it,
The calls are coming everywhere.
So observe and preserve
Save the food, save the food, and conserve,
So we'll help win the cause of freedom,
And we'll plant, save and send, till it's over, over there.

ROYALTY AT ONE WITH PEOPLE

Queen Alexandra Wields a Hammer In Shell Plant.

How thoroughly the royal family is at one with the people in the present situation has been shown by the King's informal visit to the battle front and by the Prince of Wales' return to duty before the expiration of his recent leave. Since his return his Majesty and the Queen have been busy visiting munition factories and equipment works.

At a factory at Walthamstow the Queen, as ever, was chiefly interested in the girl and women workers, among whom she mingled with her usual cheery smile, chatting most of the time—when not passing a few words with the girls—with Mrs. Phipps, the organizer.

The Queen, impressed by the appearance of the girls, remarked to Mrs. Phipps they seemed to be girls of a very superior type, when one of the conducting party remarked, "Yes, your Majesty, we are some stunt on these girls."

The Queen looked puzzled, not understanding the slang, but quietly laughed with pleasure when it was explained that what the official meant was that their experience in the employment of female labor had been altogether satisfactory.

Queen Alexandra has been busy, too, visiting factories with Princess Victoria, throwing out a useful word or two of advice as it occurred to her practical mind. In one shop she saw a girl wielding a hammer and punching identification marks on a shell.

She thought this must be very heavy work for a girl, but to the Queen's inquiry the girl smilingly replied it was quite simple now she had grown accustomed to it. Accepting an invitation to try for herself, Queen Alexandra held the punch in position with one hand, and with the other hit a series of hard blows, but on examining the marking feared that they came far short of the standard.

There are many advantages to a single pitch roof on the poultry house. This type is most easily built. It gives the highest vertical front exposed to the sun's rays and throws all of the rain water to the rear.

The Program Nowadays Is to Save!

Grape-Nuts food fits in fine with this idea. No fuel required to prepare; no sugar needed; there's no waste; and the use of barley, in its making, conserves wheat.

Grape-Nuts

is economical, nourishing and delicious. Try a package.

Springtime Fashions

Miss Springtime will not hesitate to like this little coat as much as her mother does! McCall Pattern No. 7878, Girl's Coat. In 7 sizes; 2 to 14 years. Price, 15 cents.

Note the straight-across neck of this little frock. It is one of the most popular features of the present mode. McCall Pattern No. 7968, Misses' Dress. In 3 sizes; 16 to 20 years. Price, 20 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

GIRLS! WHITEN SKIN WITH LEMON JUICE

Make a beauty lotion for a few cents to remove tan, freckles, sallowness.

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

Increased Acreage in West.

Ample evidence that the farmers in the great grain growing areas between the Great Lakes and the Rockies are responding whole heartedly to the government's appeal for increased production, is contained in a detailed report of farming operations in Manitoba, Saskatchewan and Alberta received at the head office of the Canadian Northern here to-day.

It is pointed out that the late fall in 1917 and the early spring of this year have compensated largely for any shortage in farm labor at this critical time. Recent reports to the Canadian Northern indicated that the new breaking along its lines would be between three-quarters of a million and a million acres, and that sufficient fall ploughing had been done to facilitate early operations this year. The report just in from 235 points, shows that up to the week ending April 17th, there was pronounced activity throughout all districts served by the lines of the Canadian Northern in the west. The condition of the ground was given as good, there being not a single complaint in respect to the state of the soil.

If you want the bottom crust of pie or tart to keep crisp do not put on flat surface when taking it from the oven; let it cool with space beneath it.

Keep Minard's Liniment in the house.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers —It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.

For little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.

In Praise of Pigeons.

Although the lark in rapture
May sing above the guns,
The pigeon with a message
Does more to lick the Huns.

Minard's Liniment Co., Limited.

Dear Sirs,—Your MINARD'S LINIMENT is our remedy for sore throat, colds and all ordinary ailments.

It never fails to relieve and cure promptly.

CHAS. WHOOTEN.

Port Mulgrave.

Hulling Strawberries.

Use the ordinary tongs that come with boxes of candy for plucking the hulls from the berries. This method not only does the work quickly but prevents the juice from staining the hands and fingernails.

Ask for Minard's and take no other.

Soap rubbed on the heels of stockings will prevent blistering during long walks and will prolong the wear of the stockings.

KEEP YOUR SHOES NEAT

2 IN 1 WHITE SHOE DRESSING LIQUID and CAKE

For Men's Women's and Children's Shoes

WARNING

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STOPGLARE LENS

Safety for Yourself and Others

No Glare $3.00 Free Circular

at your dealers or direct

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PUZZLE FIND THE FARMER'S WIFE

1st Prize, Phonograph.

2nd Prize Wrist Watch.

3rd Prize, Camera.

50 Prizes of Self Filling Fountain Pens

HUNDREDS OF OTHER PRIZES

All you have to do to win one of these splendid prizes, is to find the Farmer's Wife, mark the place with an X and fulfil one simple condition. This need not cost you one cent of your money. We will let you know by return mail whether your answer is correct or not. Write your name and address neatly on a sheet of paper and send it with your answer at once to SELFAST SPECIALTY CO., Dept. X STATION F., TORONTO

Prayer Before an Attack.

It ain't as I 'opes He'll keep me safe
While the other blokes goes down,
It ain't as I wants to leave this world
And wear an 'ero's crown.
It ain't for that as I says my prayers
When I goes to the attack,
But I pray that whatever comes my way
I may never turn me back.
I leaves the matter o' life and death
To the Father who knows what's best,
And I prays that I still may play the man
Whether I turns east or west.

Minard's Liniment Lumberman's Friend.

Clean Black Kid Gloves.

Add a few drops of ink to a teaspoon of salad oil, rub on with a feather and put them out to dry in the sun. It will make them look like new.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

For Mending Runs.

Stitch up the runs on a sewing machine. By using this method they will not show as much as when done by hand. The mending, furthermore, will prove permanent.

Cottage cheese is delicious with fruit preserves poured over it.

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and $1.00 Bottles. At drug stores. 5

HIRST'S PAIN Exterminator

Pain? Hirst's will stop it! Used for 40 years to relieve rheumatism, lumbago, neuralgia, sprains, lame back, toothache, and other painful complaints. Have a bottle in the house. All dealers, or write us.

HIRST REMEDY COMPANY, Hamilton, Can.

HIRST'S Family Salve, (50c). HIRST'S Pectoral Syrup of Horehound and Elecampane, (35c) 35¢ BOTTLE

HAULING BIGGER LOADS

without extra spanning is easily accomplished when you use

MICA AXLE GREASE

"Use half as much as any other"

Axles are rough and porous, causing friction. The mica flakes fill the pores and the grease keeps them there. Mica Grease prevents locked wheels and hot boxes, gives sure relief for unnecessary strain on horses and harness.

EUREKA HARNESS OIL

"Lengthens leather life"

replaces the natural oils that dry out of the leather and puts new life in old harness. It penetrates the leather leaving it soft and pliable, and overcomes the worst enemies of harness—water and dirt.

Sold in standard sized packages by live dealers everywhere.

IMPERIAL OIL LIMITED

BRANCHES IN ALL CITIES

GILLETT'S LYE

MADE IN CANADA

For making soap.
For softening water.
For removing paint.
For disinfecting refrigerators, sinks, closets, drains and for 500 other purposes.

REFUSE SUBSTITUTES.

Secret Worth Knowing.

The secret of creamy fudge is the addition of a small teaspoon of cornstarch diluted in a little of the milk when added to the sugar.

Minard's Liniment used by Physicians.

Straw and similar material gather moisture, and when the litter becomes damp enough to be limp it is practically useless for fowls to scratch in for their grain feed. Scratching litter in the poultry house is essential, but it should be cleaned out and renewed frequently.

FOR SALE

WEEKLY NEWSPAPER IN WESTern Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co. Limited, Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS

GRANITE CUTTERS AND LETterers wanted. Write Geo. M. Paul, 156 Victoria St., Sarnia.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time, good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

SMOKE TUCKETT'S ORINOCO CUT FINE FOR CIGARETTES

Dandruff Kills the Hair

Cuticura Kills Dandruff

Try one treatment with Cuticura and see how quickly it clears the scalp of dandruff and itching. On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Rinse with tepid water. Repeat in two weeks. Nothing better or surer.

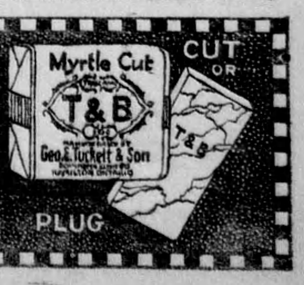
Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZE, 603 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultze's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

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